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Martha's September

GENTLE REMINDERS, HELPFUL TIPS, AND IMPORTANT DATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 QVC appearance (check local listings)	**2** Place final fall bulb order *Cardio and core*	**3** Cousin Connie's and nephew Morgan's birthdays *Weight training*	**4** Swim with Jude and Truman
5 Make quick broccoli frittata (see page 56)	**6** LABOR DAY ROSH HASHANAH BEGINS AT SUNDOWN Friend Dan Hinkley's birthday	**7** Pick basil and make pesto *Yoga*	**8** ROSH HASHANAH ENDS AT SUNDOWN	**9** Pick and preserve tomatoes *Cardio and core*	**10** Appear at Food & Wine Classic in Aspen, Colorado *Weight training*	**11** Horseback ride and brunch with Alexis, Jude, and Truman
12 Nature walk with Jude and Truman	**13** Aerate lawn *Weight training*	**14** Gather and save seedpods in flower garden *Yoga*	**15** YOM KIPPUR BEGINS AT SUNDOWN Appear at Traffic & Conversion Summit in San Diego	**16** YOM KIPPUR ENDS AT SUNDOWN QVC appearance (check local listings) *Cardio and core*	**17** Plant parsley, cilantro, chervil, and spinach in vegetable greenhouse for winter *Weight training*	**18** Swim
19 Brother-in-law Randy's birthday	**20** Make pot of shelling-bean minestrone (see page 78)	**21** Cut and dry catnip	**22** FIRST DAY OF AUTUMN	**23** Harvest apples; make cider	**24** 28th anniversary of my Mount Kilimanjaro climb Winterize Skylands terrace *Weight training*	**25** Makeup artist Daisy Toye's birthday
26 Go for a horseback ride	**27** Alexis's birthday dinner with family *Weight training*	**28** *Martha Stewart's Fruit Desserts* hits bookstores *Yoga*	**29** Bake apple-honey upside-down cake (see page 89)	**30** Cut dahlias for arrangements *Cardio and core*		

| MARTHA'S TIP |

SAVOR EVERY OUNCE

To put her tomato harvest to great use, Martha loves making sauce. She slices a big, shallow X into the skins and plunges the fruits into a big pot of boiling water for a few minutes. Then she transfers them to an ice-water bath to cool, before peeling, seeding, and simmering them with salt and pepper, uncovered, for an hour. She freezes some sauce in quart-size jars to enjoy year-round. For more ideas, visit *marthastewart.com/marthastomatoes*.

CLAUDIA TOTIR/GETTY IMAGES (TOMATOES IN BOWL); BRIAN HAGIWARA/GETTY IMAGES (LOOSE TOMATOES)

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Seize the end of the season with fresh-from-the-farm-stand Mediterranean meals.

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Take a ripe, juicy bite out of Martha's new— and 99th!— cookbook with six of her autumnal desserts.

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To relax and unwind from work, an unconventional gardener cultivated soothing expanses of moss.

PIETER ESTERSOHN (INTERIOR); VICTORIA PEARSON (CHILD ON SWING)

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In a fond farewell to her iconic Long Island home, our founder revisits decades of stylish renovations and joyful celebrations.

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| ON THE COVER |
ALL SHINED UP
A display of brass and copper chargers adds glamour to the revamped kitchen in Martha's Maple Avenue home in Bedford (see page 15). Photograph by Paola + Murray. Styling by Lorna Aragon.

FRANK FRANCES (VESSELS, BROCCOLI CURRY); RYAN LIEBE (CLOSET); COURTESY OF MANUFACTURER (CREAM)

Hold for applause.

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Hat Tricks

AS WE HEAD INTO FALL and life invariably speeds up in September, I find myself honing my routines and vowing to make busy weekday mornings (breakfast, school drop-off, work commute) as efficient and enjoyable as possible; our evenings fun and relaxing; and weekends something to dive into. And while I love the idea of just *throwing something on* in the morning, or *throwing something together* for supper, I've learned that planning is everything. It takes some effort to make it all look—and, most important, *feel*—effortless. For starters, you need to have the right stuff on hand, like a well-edited wardrobe and a stocked kitchen. Even a magician needs to procure that rabbit before pulling off the hat trick.

Fortunately, this issue is filled with smart solutions and strategies for taking the stress out of September—and helping you live better. It's truly a gorgeous month, after all (especially when you don't let the back-to-work/school/book club demands run you over). In "Eat Like an Italian," we wholeheartedly encourage you to load up on the season's final bumper crop of produce at the farmers' market. Then you'll be ready to throw together those recipes any night of the week (page 76). You can also ace a quick breakfast by whipping up a heavenly batch of granola (page 58). To help your home hum along with you, we offer brilliant ideas for your kitchen, pantry, garden, and beyond. I hope you enjoy this volume, and that it makes your September feel all the more "voilà!"

Elizabeth Graves, Editor in Chief

Let's keep in touch!
Email me at *elizabeth@marthastewart.com*
Follow me on @ebgraves

Note: For all subscription inquiries, call 800-999-6518.

| *LIVING* IN MY LIFE |
Here, just a handful of our ideas that I'm excited about this month.

1
I've already enlisted home editor Lorna Aragon's tips for organizing pantries and supply closets. Clever, stylish, sustainable. Page 27.

2
This simple, delicious granola recipe can be customized to whatever you like and have in your pantry. Page 58.

3
We've got you covered for dinners both special and casual. If your burger night is feeling played out, check out these patties. Page 60.

4
When Martha said she was selling her iconic East Hampton home, *I* teared up. But in true Martha fashion, she's not sad—she's excited for the next chapter! In that spirit, we celebrate Lily Pond Lane. Page 68.

5
Martha's 99th book (!), *Fruit Desserts*, hits bookstores this month, and it is something to behold. Get an exclusive sneak peek at six dreamy treats. Page 88.

VICTORIA PEARSON (HAT); RYAN LIEBE (LADDER); FRANK FRANCES (GRANOLA, BURGER); PIETER ESTERSOHN (LILY POND LANE); COURTESY OF CLARKSON POTTER/PUBLISHERS (BOOK)

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Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO GET A HAPPY HEAD START ON FALL

| ON THE ROAD |

A NEW PAGE

You don't have to enroll in a class to get the thrill of freshly sharpened pencils and pristine paper. At **Shorthand,** in Los Angeles (shown), pick up a Poketo wall planner to keep the whole family in line, or peruse the notepads and writing instruments while watching greeting cards being made on-site. Here, more stationery shops with honors-level style. *—Eleni N. Gage*

AIEA, HAWAII

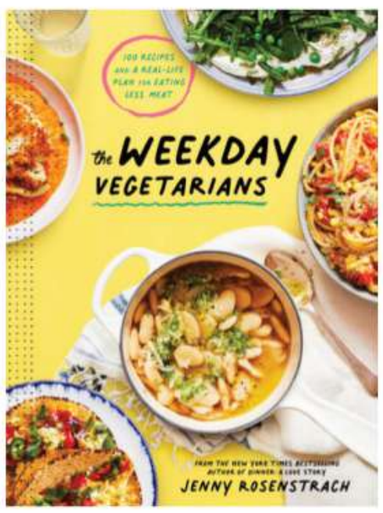
Hakubundo opened in 1910 to sell immigrant farmworkers items from their native Japan. Today, you can peruse imported paper, cute sticky notes, and miles of washi tape. ***hakubundo.com***

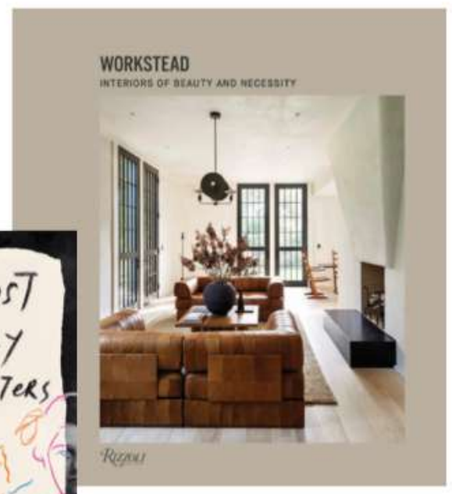
MAPLEWOOD, N.J.

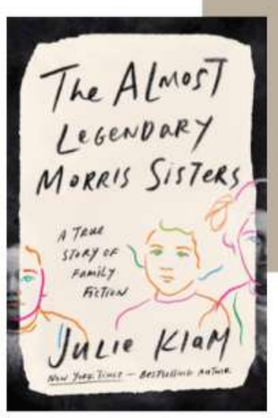
A Paper Hat calls itself "a creative supply shop" and packs its shelves with colorful camo notebooks, mini gel pens, and stickers that boldly fit that billing. ***apaperhat.com***

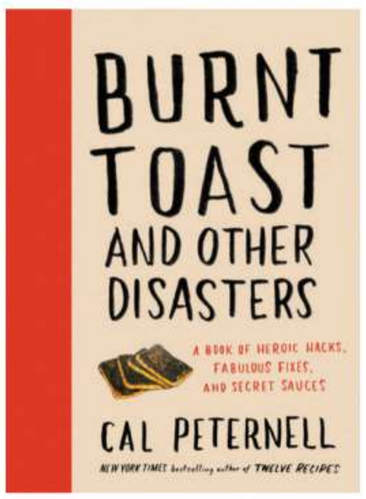
WASHINGTON, D.C.

At Appointed, which sources American-made paper and book cloth, browse the Notebook Bar to pick cover color, ruling (lined, grid, or blank), and monogram type for a chic custom creation. ***appntd.com***









| ON OUR BOOKSHELF |

These reads are all about family—feeding your crew, paying tribute to generations past, and creating a welcoming home. Jenny Rosenstrach's ***The Weekday Vegetarians*** (Clarkson Potter) is full of easy, legit-exciting meat-free ideas, including squash-and-black-bean, kale-and-mushroom, and migas breakfast-style tacos. Writer Julie Klam grew up with stories of four chain-smoking cousins of her grandmother with ties to J. P. Morgan, Broadway, and secret millions. ***The Almost Legendary Morris Sisters*** (Riverhead) is her quest to discover the truth behind the lore. Workstead, the Brooklyn design firm known for achieving a balance between functional and fabulous, shares images of 10 reinvented private residences, from NYC's Tribeca to Charleston, South Carolina, in ***Workstead: Interiors of Beauty and Necessity*** (Rizzoli). And in ***Burnt Toast and Other Disasters*** (William Morrow Cookbooks), chef and best-selling cookbook author Cal Peternell demonstrates how to turn kitchen tragedies into culinary triumphs—for example, magicking charred slices into cheesy onion bread pudding. *—Elyse Moody*

| WHY NOT? |

Eat a Moon Cake

The Chinese treat honors the harvest moon—September 21 this year—and comes in flavors from mochi to mango.

New York City
Along with the classic white-lotus-seed and red-bean versions (with optional salted egg yolk inside), China-town's iconic **Fay Da Bakery** sells "lava moon cakes," which ooze custard when cut. ***fayda.com***

—

New Orleans
James Beard Award winner **Dong Phuong Bakery** offers flavors like lotus and coconut in traditional light-brown pastry, white "snow skin" versions, and a flaky dough popular in Vietnam. ***dpbakery.com***

—

Chicago
Fête the moon fest at the **Peninsula Hotel**'s Shanghai Terrace with a prix-fixe Chinese feast (September 15 to 21), or reserve eight to-go egg-custard treats by chef Elmo Han (September 10 to 21). ***peninsula.com***

—

Los Angeles
Landmark **Kee Wah Bakery** has sold the sweets since 1985. Not in SoCal? Order a gorgeous gift-boxful. ***keewah.us*** *—E.N.G.*

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HOW TO MAKE Your Kitchen Work for You

Achieving streamlined function in your kitchen is as important as landing the right aesthetic and décor, especially if you cook frequently or use your kitchen as a family meeting spot.

While a complete kitchen overhaul may not be in the cards right now, updating your appliances can instantly make your space easier and more enjoyable to use for everyone. Here are three upgrades from Miele that make your kitchen work for you, and not the other way around.

Streamline Dishwashing

Dishes tend to pile up quickly, yet can take lots of time to clean and prep for use again. To make the process more efficient, the Miele G 7000 dishwasher series is designed to accommodate a range of dish loads and sizes, thanks to a 3D MultiFlex Tray that adjusts in width, depth, and height. You can even control the dishwasher remotely: Just activate the AutoStart mode from the Miele@mobile smartphone app.

Choose a Smarter Fridge

In addition to a sleek, minimalist design that can be configured to match any kitchen, the Miele MasterCool refrigerator is designed to preserve the flavors and natural aromas of produce, and has a range of cooling compartments that keep food fresh up to three times longer. Plus, the option of a handle-less, touch-operated door lets you move around the kitchen without missing a beat.

Upgrade Your Range

Whether you prefer an all gas, dual fuel, or induction range, Miele ranges are designed for a wide variety of cooking needs and boast intuitive features—like MasterChef automatic programs for effortless cooking and a Wireless Precision probe that evenly cooks food and takes the guesswork out. Frequently cook with multiple pots and pans at once? Miele's continuous-design cast iron grates allow seamless movement of pots and pans from one burner to the next without having to lift them up.

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From MARTHA

TEACH AND INSPIRE

HANG TIME
Martha stores her copper pots and pans on an overhead rack near the stoves, where they are always easy to reach.

A Modern Makeover

When Martha updated a kitchen on her farm this summer, she opted for a few impactful changes over a gut renovation, adding fresh coats of paint in new colors, smarter appliances, better organization, and striking displays for some of her favorite collections. Read on to see what she cooked up.

MAKEUP BY DAISY TOYE

PHOTOGRAPHS BY PAOLA + MURRAY

BEFORE

FOR YEARS, I have been an avid fan of restoration and renovation. Whether it is a house in need of minor alterations and redecoration, or an entire farm needing an overhaul, I find these projects fascinating and rewarding. In the past few months, I undertook one in the Maple House, a two-story, 1970s ranch-like home on the northernmost part of my property.

After creating a cookbook library there with California Closets a couple of years ago, I decided to tackle the large kitchen and adjoining hall, which I use for shoots. The existing cabinets, which came from my very first television studio in Westport, Connecticut, were painted creamy yellow and paired with old soapstone counters and sinks. On the floor, I used my own faux-bois ceramic tile, which I designed for the Home Depot. The space worked well for many years, but it needed a new look.

Out came the old stove, wall ovens, and doors, and in went lots of sandpaper, gallons of primer and custom satin-finish paint, and updated appliances. I extended the center counter to hold a stove top for TV demos, added an ice maker under it, and replaced the ovens and stove. I painted the cabinets and woodwork black and the walls white, which I think makes the room feel bigger and more modern. Last, we happily brought in my collection of copper from my home kitchen and basement prop library, and the whole place was transformed!

The new kitchen is both beautiful and functional, and I love that I was able to reuse the old cabinetry with just a few additions, which was both economical and easier to accomplish. It took about a month and a half to complete, and cost a fraction of what it would had I gutted the place. I hope you like it.

Key Elements

POWER RANGES
In addition to a new Viking stove and ovens, Martha added a Viking six-burner cooktop to the island, where she enjoys cooking omelets and crêpes.

AMPLE STORAGE
She prefers open shelving because items are easy to see and access. Crocks hold her frequently used utensils.

SMOOTH SURFACES
Martha kept her original soapstone countertops, extending one section on the island. An old marble-top biscuit table by the main stove is great for rolling out dough.

DEEP SINKS
They're handy for filling and washing big pots and lots of dishes.

ANNIE SCHLECHTER (BEFORE)

On a recent trip to Miami, Martha spotted a pair of these copper-plated stools at an antiques mall on her way to an event. She bought them, popped them in the back of her SUV, and flew them home to Bedford.

1 | 2

3 | 4

FINE FINISHES

1. Martha loves the sensible design of the Viking oven with French doors. It opens easily with one hand—and prevents any chance of burning her elbows on a pulled-down door. **2.** New Pella doors lead to the back porch, which is outfitted with a large dining table. Martha added Baldwin Hardware brass knobs to the cabinet doors and drawers. **3.** She lined the hallway between the kitchen and library with deep shelves for her yellowware. **4.** An antique oak plate rack she had in storage fits nicely above one of the two sinks; antique copper dishes brighten the area.

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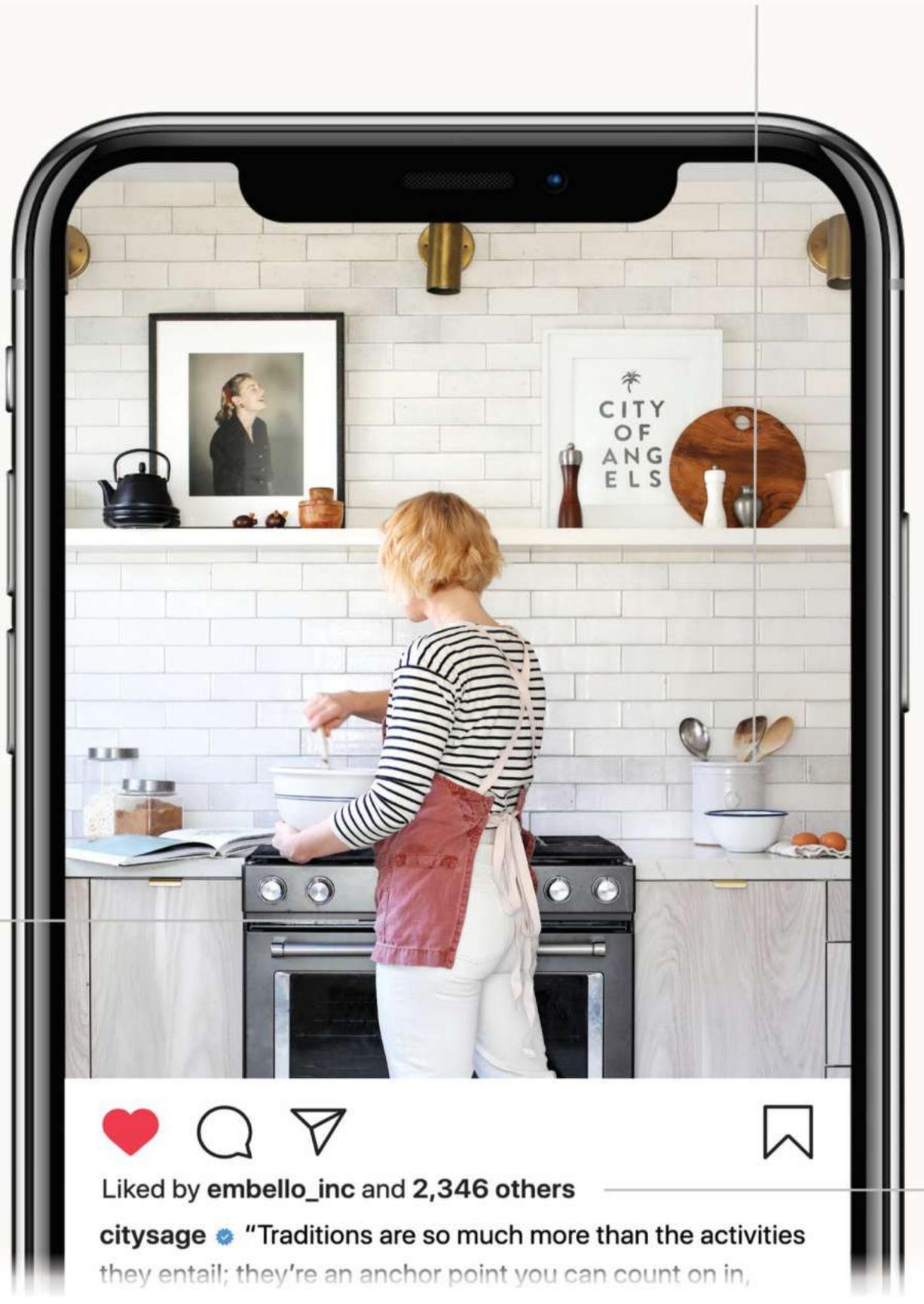
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Good THINGS

FRESH IDEAS TO ELEVATE THE EVERYDAY

| CLUTTER CONTROL |

French Twist

Fall is coming, and whatever that means for your work setup, we have a way to give it some joie de vivre. Simply cover recycled metal cans or glass vases with romantic French-toile fabric in a few pretty patterns, and drop in your daily tools. Easy organization *and* inspiration? Now that's a coup. For the easy how-to, see page 107.

TEXT BY LISA BUTTERWORTH

STYLING BY NAOMI DEMAÑANA

PHOTOGRAPHS BY FRANK FRANCES

Make It Yours

There are brackets to suit every décor style, in many materials. *Living* home editor Lorna Aragon handpicked these supporting players.

CLASSIC CORBEL
Traditional woodworking details make this a versatile pick you can paint any color.

Large Colonial corbel, *in Pine, 11" by 10" by 3", $55, houseofantiquehardware.com.*

MODERN ARCHES
Minimalist curves bring sleek polish to a space.

Arched brackets, *8", in Polished Nickel, $170 for 2, rejuvenation.com.*

CRISP CUTOUTS
Install a pair for turn-of-the-20th-century charm.

Restorers Arts and Crafts shelf bracket, *$22, vandykes.com.*

| DIY STYLE |

A Real Support

Land the coveted corner office right at home—even if it occupies only a couple of square feet in the kitchen. This nook was custom-made, but you can replicate it by mounting a small floating shelf or made-to-measure surface on the wall, then adding a curvy wooden shelf bracket or two, painted to match. The decorative detail gives it the look of built-in cabinetry and lends stylish shoring. Tuck a stool underneath to complete your mini-but-mighty command station.

THE DETAILS: Benjamin Moore paint, *in Harwood Putty (on desk and bracket), benjaminmoore.com.* **Vintage walnut-and-leather stool.**

| PROVISIONS |

After-School Special

Give your crew a little *pizza* your heart—and their new favorite snack. Our take on the bagel-based classic starts with an English muffin instead. (Or try *Living* assistant food editor Riley Wofford's pick, Central Bakery Portuguese muffins: "They're a bit sweeter and denser than their English counterparts.") Split muffins in half and place, cut-sides-up, on a parchment-lined baking sheet; brush generously with softened unsalted butter or olive oil. Bake at 400° until lightly toasted, about 10 minutes. Then layer on marinara (we like Rao's or Ragù) and halved mozzarella balls or slices; bake until melted, 6 to 8 minutes. Sprinkle on some sea salt and dried oregano, scatter a few basil leaves, and you're set to handle their hunger—and yours!—till the homework's done.

| PERSONALIZE IT |

PRIVATE LABEL

Permanent marker gets the job done, but a rubber-stamped name on kids' stuff is speedier and looks pro. You'll never rummage through the lost and found again.

1. Create It

Custom stamps are affordable and come in lots of sizes and fonts. The ones used above are from Rubberstamps.net, in (clockwise from top) Georgia, Adriana, and Futura Book fonts (¾" by 3½", $12 each).

2. Apply It

Press the stamp into a fabric-safe ink pad (we like ones from Versacraft), then onto T-shirts, sweatshirts, and jackets. Stamp adhesive labels to stick on textbooks, water bottles, and lunch boxes.

3. Seal It

To heat-set a "tag" on clothing, iron it or throw it in the dryer on high. To protect an adhesive label, you can cover it with clear packing tape. For sources, see page 107.

HEAD TO CALI

To bring back the top draw from everyone's beloved high school haunt, California Pizza Kitchen, swap in barbecue sauce for marinara and cheddar for mozzarella, and top them with shredded rotisserie chicken and thinly sliced red onion. Garnish with chopped fresh cilantro.

PHOTOGRAPHS COURTESY OF MANUFACTURERS (BRACKETS); PROP STYLING BY LORNA ARAGON (DESK), SUZIE MYERS (PIZZA), NAOMI DEMAÑANA (STAMPS); FOOD STYLING BY RILEY WOFFORD (PIZZA)

Back to Cool

Wooden chairs meant for student bodies are an A-plus addition to any dining area. Vintage ones are plentiful online and at flea markets—or even on a school-side curb, where our home editor found these—and can look better than new with a little sanding and paint. Lorna chose Benjamin Moore Advance High Gloss, in Classic Burgundy (*benjaminmoore.com*), for the woodwork, and used Rust-Oleum Painter's Touch 2x Ultra Cover Classic Spray Paint, in Nutmeg ($4.50 for 12 oz., *homedepot.com*), on the metal feet. "They were scratched up and rusty," she says. "The spray paint prevents future rust and adds a modern accent color." Follow her tips to earn extra style points.

BEFORE

1. SMOOTH THE SURFACE

Sand your chair's frame and wipe it down well. If its feet have stainless steel caps like ours does, rub them with steel wool to lift rust and scratches.

2. GO FEET-FIRST

Tape off above the feet, then spray-paint below the tape line. No need to be too careful; you'll paint over any overspray above the tape with your second paint color. If your chairs have all-wooden legs, you can create faux contrasting feet by taping them six inches from the bottom.

3. BRUSH UP THE REST

Cover the remaining parts of the frame with primer and let it dry overnight. Then add two coats of high-gloss paint, letting it dry completely in between. Lorna swears by the Zibra Round Paintbrush ($10.50, *enjoyzibra.com*) for curved surfaces and spindles: "I only wish I had discovered it sooner!"

ANOTHER COMBO TO TRY

On chair: **Farrow & Ball, in India Yellow,** *$42 for 750 ml, farrow-ball.com. On feet:* **Sherwin-Williams, in Indigo** *(SW6531), $24 a qt., sherwin-williams.com.*

| THE TECHNIQUE |

Pipe Dreams

The subtle yet striking colors of this icing really take the cupcake. All you need to re-create them is gel food coloring—try AmeriColor Soft Gel Paste ($2.25 each for 0.75 oz., *americolorcorp.com*)—and Riley's secret (until now) formulas. Just whisk the number of drops outlined above into two cups of Swiss meringue buttercream (for our recipe, see page 101). Keep in mind that one drop of food coloring is equal to about ⅛ teaspoon. Top your confections with these painterly hues, and they'll sell like you-know-whats at the season's first bake sale.

TOP IT

You can do a lot with a pastry bag, a plain ½-inch-round piping tip, frosting, and a dream, starting with these easy but impressive techniques.

1. THE DOLLOP
Pipe a big mound of frosting onto the center, then press and twirl with the back of a spoon.

2. THE SWIRL
Working from near the edge toward the center and up, pipe a single coil in one steady squeeze.

3. THE SPIKY CROWN
Use a press-and-pull motion to make pointy peaks, starting from the center and working your way out.

PHOTOGRAPH BY PETER ARDITO (PAINT SWATCHES); PROP STYLING BY LORNA ARAGON (CHAIRS), SUZIE MYERS (ICING); FOOD STYLING BY RILEY WOFFORD; ILLUSTRATION BY DANIELLE GOLINSKI

ADVERTISEMENT

EMBRACE *EVERY DAY*

BEAUTY, WELLNESS, AND LIFESTYLE INFLUENCER ANGELIQUE MILES IS COMMITTED TO TEACHING WOMEN ABOUT SELF-EMPOWERMENT, WHETHER THAT MEANS HELPING THEM STAY TRUE TO THEMSELVES OR PROVIDING SUPPORT WHEN IT COMES TO LIVING AN ACTIVE LIFE WITH INCONTINENCE. DISCOVER HER SUGGESTIONS FOR MAKING THE MOST OF EVERY DAY WITH HELP FROM ALWAYS DISCREET.

▼ STAY ACTIVE

In the coming months, Miles is most looking forward to returning to group exercise classes, especially hot yoga, and traveling again. “To me, healthy aging means doing everything I love to do without any physical hindrance,” she explains. “I embrace aging by doing things that make me happy and taking care of myself physically, spiritually, and mentally.”

*From natural rubbers

◀ BE WORRY-FREE

Miles wants to enjoy her favorite activities without the worry and discomfort associated with bladder leaks and skin irritation, which is why she relies on Always Discreet for Sensitive Skin products. In addition to providing up to 100% leak-free protection, they’re dermatologically tested and completely free of parabens, fragrance, and latex.* “It’s good to know that I can reach for Always Discreet if I’m feeling unsure about incontinence on any particular day,” she explains.

▲ PRACTICE GRATITUDE

Every day is a gift in Miles’s book. “I hug the people I love a little tighter and let them know I care for and appreciate them,” she says. Her advice for living life to the fullest? “Wear the dress you’ve been saving for a special occasion, use the good towels, and make the trip to see that friend.”

always discreet

FIND LINERS AND PADS AT

Walgreens

LABEL LARGER AREAS
Rather than putting stickers on each container, designate zones (for oils, condiments, snacks) with bookplates. "They keep everything organized and add vintage charm," Lorna says, while helping everyone from baby-sitters to guests navigate.

Traveler's Company brass label plates, *$15 for 6, jetpens.com.*

Put your pretty bowls to good use: consolidating snacks.

Ohio Stoneware utility crock, *1 gal., $23; and* **shoulder bowl,** *from $22, stonewareoutlet.com.*

| THE WELL-KEPT HOME |

UTILITY PLAYERS

Your pantry and supply closets *can* be a beautiful marriage of form and function when you enlist a few smart, sustainable, and attractive upgrades. Learn how *Living* home editor Lorna Aragon repurposes everyday items to organize two of your home's hardest-working spots.

TEXT BY TINA CHADHA

Inexpensive crates that allow for air circulation are great for storing onions, potatoes, and dry goods.

Crates & Pallet wooden crates, *from $9 each, homedepot.com.*

STYLING BY LORNA ARAGON

PHOTOGRAPHS BY RYAN LIEBE

Streamline Your Pantry

These tactics will transform chaos into easy-to-access calm.

1— **STOCK LIKE A GROCER**
Toss all expired goods, then arrange like with like, and multiples (such as canned beans) one in front of the other, so you can take inventory at a glance.

2— **DECANT STAPLES**
"This cuts down on visual clutter," says Lorna, and also helps you see when supplies are running low. To avoid "How long do I boil this for?" moments, she snips cooking instructions off packaging and tapes them to the bottoms of the new containers.

3— **UPCYCLE GLASS EMPTIES**
For eco-friendly decanting, reuse marinara jars to hold grains, pasta, and other dry goods. For a really cohesive look (extra-credit alert!), Lorna lays the lids on newspaper and spray-paints the outsides with two coats of Rustoleum white paint, letting them dry in between.

4— **OPT FOR OPEN CONTAINERS**
Store granola bars and mini chip bags in extra salad bowls or baskets for drive-by snacking. Even more satisfying? A standard loaf pan is the perfect width for oatmeal or popcorn packets.

A NO-STOOP SWEEP
"This dustpan is one of my favorite things in the world," gushes Lorna about the handled, wide-mouthed Japanese design below, because it's easy on the back and the eyes.

Osaka three-handled dustpan, *$35, copper beechbythesea.com.*

WIN $25K

To help get your home organized, visit *marthastewart.com/25kOrganize* and enter to win $25,000. For details, see page 107.

SPIFF UP A SUPPLY CLOSET

Having a place for everything doesn't just mean tools are a snap to grab and put back; they're also nice to look at, which makes chores less of a, well, chore.

1— **LEVERAGE YOUR LADDER**
Here's one that's strong enough to support anyone, but made with aircraft-grade aluminum that keeps it lightweight and sleek enough to hang on hooks. "With so many options, it's nice to find one in your style and color," Lorna says.

Essentials 3-step ladder, *in Indigo, $149, grandinroad.com.*

2— **THINK CRATE THOUGHTS**
Keep everything from paper towels to recycling in simple wooden boxes (above and on previous page), which come in various sizes. Lorna painted this large one white and screwed casters on the bottom to add wheels: "I like things in my utility area to be movable, so it's easier to clean the space."

3— **WORK THE WALL**
Lift brooms, mops, and cords off the floor and onto a peg rail (again, great for keeping floors neat underneath). "I use them everywhere," says Lorna.

Bit Player

No need to haul out the tool kit: Keep the cordless **Dremel Home Solutions Electric Screwdriver** in a drawer to make projects and repairs ultra-efficient. *$40, homedepot.com.*

Handy Hookups

Coats, robes, brooms, hats, bags—there are few loose items the **Hairpin Leg Co. J Wall Hooks** can't corral. *$15 each, thehairpinleg company.com.*

Electric Dream

Go ahead and push that credenza right up against the wall, thanks to the genius, space-saving flat plug of the **Cordinate 3-Outlet Extension Cord.** *In Black/White, $9, byjasco.com.*

Hot Wheels

The **Made by Design Rolling Bucket** in sophisticated matte gray makes mopping the floor a walk—or waltz—in the park. *$13, target.com.*

8 MORE SMART ESSENTIALS

Easy Squeezy

The winning feature of the mini **Komelon 3110 Measuring Tape:** You gently press the sides to lock it in place for an accurate read. *$7, amazon.com.*

EMPTY
FULL
INSTRUCTIONS
1 PULL PIN. HOLD UNIT UPRIGHT. Hale clavija.
2 5 ft START BACK 5 FEET. AIM AT BASE OF FIRE. Apunte a la base del fuego.
3 SQUEEZE LEVER & EMPTY ENTIRE CONTENTS INTO COOKING VESSEL. Apriete y vacie el contenido.
4 IMMEDIATELY TURN OFF APPLIANCE TO REMOVE HEAT SOURCE. Apague el artefacto.
RESIDENTIAL KITCHEN FIRE EXTINGUISHER
SPECIAL PURPOSE – FOR RESIDENTIAL KITCHEN MEDIA FIRES.
Kidde

Sleek Safety

Place the minimalist white **Kidde 10-B:C Fire Extinguisher** where it's easily accessible (at least an arm's length from the stove, but not more than 30 feet away) and hope to never use it. *$20, homedepot.com.*

Wind Power

Lorna wields her **Lasko Cool Colors Box Fan** to circulate air and to help paint or laundry dry. *In Blue, $20, walmart.com.*

Name Changer

Label fridge and freezer storage containers using a **Bistro Chalk Marker,** then wipe off the words and repeat when you swap out the contents. *$3.50, uchida.com.*

COURTESY OF MANUFACTURERS (ESSENTIALS)

HOMEGROWN

starts with a home.

Better Homes and Gardens® Real Estate
is here to help you find the perfect home
in which to bring your dreams to life.

SOLD

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Leaves of Grass

It can bring far more to a landscape than a trim lawn. Ornamental native species will animate a yard with color, texture, and magical movement. Andrea DeLong-Amaya, director of horticulture at the Lady Bird Johnson Wildflower Center, in Austin, Texas, waxes poetic.

TEXT BY MELISSA OZAWA

"NATIVE GRASSES give your space distinction, a sense of where you are," says DeLong-Amaya, a superfan of these local flora. Beautiful and easy to grow, they provide essential habitat for wildlife, including hosting the larvae of native skipper butterflies and providing nesting materials for birds and other animals. "Plus, the more we grow them," she says, "the more we can help eliminate big-bully invasives, like exotic pampas grass." The clumping varieties shown here expand from their base, rather than spreading far and wide via underground rhizomes or stolons; their shapes are also lovely for softening borders and filling out meadows. "A little bit of breeze will start them dancing," DeLong-Amaya says. "They make a garden really come alive."

START FROM SCRATCH

They grow quickly, so they're easy to sow from seed. Remove any mulch or debris from the ground; then scrape away the top of the soil, scatter the seeds, and cover lightly. For even faster results, you can buy container-grown plants. Dig a hole deep enough that the root crown sits at the base of the soil line. Position the plant, then fill the area around it with water before backfilling to hydrate and eliminate air pockets. Water again, then add mulch.

LIGHT THEM RIGHT

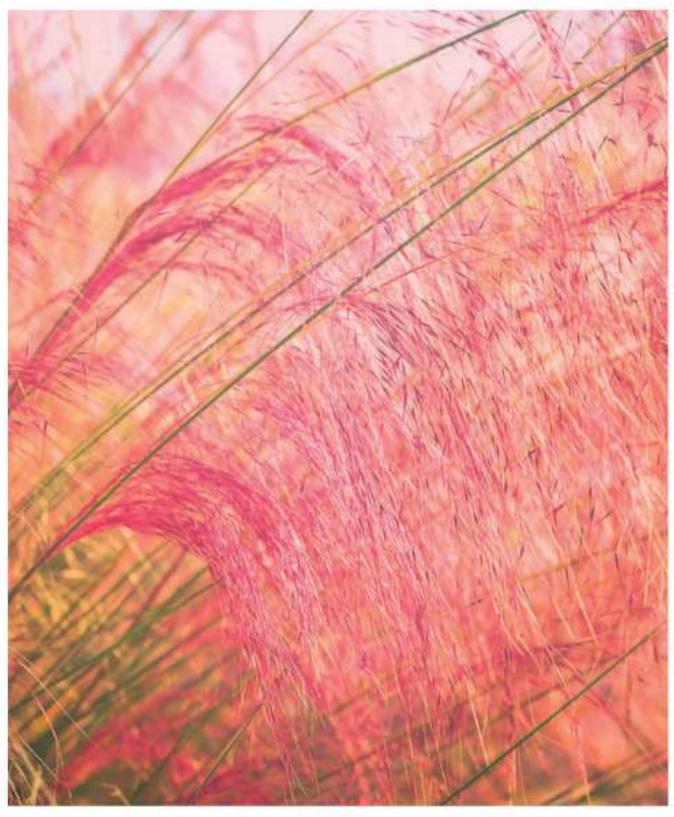
"These grasses look spectacular when backlit," DeLong-Amaya says. For an ethereal morning view, place them where the eastern rays will radiate through. For an evening show, plant them to the west so the setting sun sets them aglow.

GIVE A SNIP

For tidy silhouettes, cut clusters back to the ground in late winter before new growth emerges in spring.

Prairie Dropseed
These wispy green moptops, aka *Sporobolus heterolepis,* can reach three feet in height. When they flower in late summer, they fill the air with a heady scent of coriander and popcorn.

Little Bluestem
Tough, drought-tolerant, and deer-resistant *Schizachyrium scoparium* forms dense, upright mounds of fine, silvery foliage that turns reddish-bronze in autumn.



Pink Muhlygrass
In late summer, *Muhlenbergia capillaris* erupts in a pink plume that beckons you to pet it, says DeLong-Amaya. Instead of cutting this semi-evergreen type in winter, rake out dead foliage.

Inland Sea Oats
Shade-tolerant *Chasmanthium latifolium* has arching stems that produce striking seed heads in summer. Clip them for arrangements—this also prevents unwanted spread from self-seeding.

GAPPHOTOS/VISIONS (DROPSEED); GAPPHOTOS/RICHARD BLOOM (BLUESTEM); CARMEN K. SISSON/CLOUDYBRIGHT/ALAMY STOCK PHOTO (MUHLYGRASS); GAPPHOTOS/JONATHAN BUCKLEY (SEA OATS)

The Bon Vivant

Beatrice Valenzuela
Designer and owner of Beatrice Valenzuela, Los Angeles

Fashion entrepreneur, champion of makers, effervescent hostess, and pickling queen, Valenzuela lives full-throttle. “I just have fun and don’t hold back,” says the L.A. native, who grew up in Mexico City. She’s spent the past decade building her eponymous brand of comfy-cool shoes (her puffy, colorful Sandalia slides are a style essential among creative types), flirty dresses and blouses, linen loungewear, and beachy jewelry from her headquarters in Echo Park—all while cultivating a diverse group of artisans. Twelve years ago, she cofounded the Echo Park Craft Fair, which started with a handful of friends in her front yard and grew into a biannual three-day extravaganza, drawing more than 150 vendors and thousands of visitors. “Our community has become extremely close,” she says. “We trade goods and lift each other up.” She happily posts about her fellow designers, and the eclectic home she shares with her partner and their two kids brims with her peers’ handiwork, from coffee mugs to sheets to minidresses in her closet. “It’s so fulfilling to support someone who is translating their passion into a business,” she says. “To be surrounded by all these pieces makes for a rich, beautiful life.”
—Melissa Ozawa

1 —

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8

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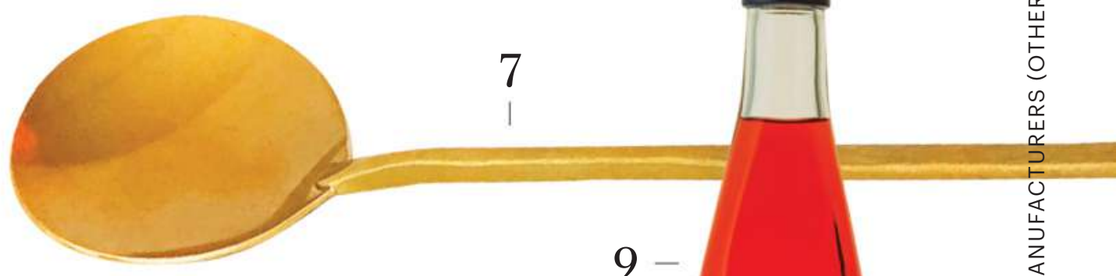

9 —

WIN THIS

For a chance to win this pillow, go to *win.marthastewart.com* on August 26. For details, see page 107.

13 —

— 12

14

RAMSEY CONDER (PORTRAIT); PETER ARDITO (BLOUSE); GETTY IMAGES (FLOWER); COURTESY OF MANUFACTURERS (OTHERS)

3
Spiced chili peppers with sesame & pumpkin seeds
LA COMANDANTA
Net wt. 15.5 oz (440g)
5
LA BELLA FIGURA
Crema Supernova
Vitamin C Luminous Day Cream
Crème de Jour
2 oz./60ml e
MORO
EAST
SAM & SAM CLARK
4
11
¡Cuanto le Gusta!
RANCHO GORDO
NEW WORLD SPECIALTY FOOD
NAPA, CALIF
Midnight
BLACK BEANS
EXTRA FANCY TURTLE BEANS, PERFECT FOR ALL YOUR BLACK BEAN RECIPES OR TO ENJOY ON THEIR OWN.
VISIT RANCHOGORDO.COM FOR RECIPES & IDEAS
NET WEIGHT 16 OZ (453 G)
10
MORE IS MORE
"My style is flamboyant. I like to push it. If I want to wear something wild, I do. No regrets."
16
15
17
ORIGINAL
HOME MADE
TORTILLA CHIPS
PARTY GIRL
"When I entertain, I keep it informal, with lots of food, too many flowers and candles, and Spotify mixes (look for Beatrice Valenzuela Studio) that play for hours."
18
GOURMET
FRIED
Conservas de Cambados
LARGE
8/12
MUSSELS
FROM GALICIA
IN MARINADE
Ingredients: Mussels, olive oil, vinegar, wine, salt, natural flavour and bay leaf.
NET WEIGHT 4 OZ (111g)
Made in Spain by CONSERVAS DE CAMBADOS, S.L. FDA 15066
Barrantes - Ribadumia - Pontevedra (Spain) Telf.: 0034 986 749 405
19
WONDER VALLEY
OLIVE OIL
375 ML • 12.7 OZ

Her Essentials

1 | Beatrice Valenzuela Campesina Blouse
"My take on flamenco style: I wear it with high-waisted, fitted jeans."
$320, beatricevalenzuela.com.

2 | Clyde Poppy Hat, in Seagrass
"It breathes and fits perfectly."
$284, clyde.world.

3 | La Comandanta Salsa Macha
"A beautiful oil made with dried chiles. It goes with everything."
$10 for 7.94 oz., braavosco.com.

4 | La Bella Figura Crema Supernova
"I love supporting my Latina sisters. This makes my face feel velvety."
$85, labellafigurabeauty.com.

5 | *Moro East*, by Sam and Sam Clark
"This book, full of global influences, inspires me to grill often."
Ebury Press; $30, ipgbook.com.

6 | Cap Beauty The Matcha
"I add a little oat milk, some honey, and a splash of rosewater."
$36 for 29 g, capbeauty.com.

7 | Lue Brass Dinner Spoon
"This flatware is like jewelry for the table. The ergonomic shape feels so good."
$50, tortoiselife.com.

8 | Burt's Bees Lip Balm
"You can reactivate leftover lipstick with it—a swipe makes your lips glossy again."
$3.75, burtsbees.com.

9 | Aperitivo Cappelletti
"Top some off with sparkling wine, and we're ready to party."
$21 for 750 ml, alpenz.com.

10 | Rouje Cream Lip Palette, in Chaleur
"I dab some on my lips with my finger, and rub the excess on my cheeks."
$45, us.rouje.com.

11 | Rancho Gordo Midnight Black Beans
"Always in rotation. My kids adore them."
$6 for 1 lb., ranchogordo.com.

12 | Les Indiennes Elise Deco Pillow
"I have a mix of patterns on my bed, my sofa, and on cots on our porch."
From $66, lesindiennes.com.

13 | Olaplex No. 3 Hair Perfector
"It keeps my curls luscious and alive."
$28, olaplex.com.

14 | Beatrice Valenzuela Babouches, in Tobacco
"They fit like a glove."
$286, beatricevalenzuela.com.

15 | Sabor Mexicano Tortilla Chips
"It's hard not to eat a whole bag."
$5 for 12 oz., wholefoodsmarket.com.

16 | La Soufflerie Tulipe Glass
"It makes a drink look great."
$30, johnderian.com.

17 | Night-Blooming Cereus
"I once hung one over my bed so I could watch it flower."
$15, logees.com.

18 | Conservas de Cambados Mussels in Marinade
"I serve these with bread or chips; my guests go to town."
$13, tienda.com.

19 | Wonder Valley Olive Oil
"It's rich and nutty. I put it on everything—even ice cream!"
$34 for 375 ml, welcometowondervalley.com.

| BEAUTY SCHOOL |

GRAB YOUR PENCILS

When life gets busy, streamline your routine—and makeup bag—with some back-to-school spirit. Reach for a skin-perfecting crayon, precision eyeliner, or pretty lip pen. These sleek and chic implements stay fresh longer—and work like new after sharpening. Turn the page for a quick study.

TEXT BY CLAIRE SULLIVAN

PRODUCT STYLING BY LAURA KINSEY DOLPH; PROP STYLING BY NIDIA CUEVA

PHOTOGRAPHS BY REN FULLER

DON'T JUST NOURISH DRY SKIN.

PREVENT IT TOO.

Use as directed.

HEALTHY SKIN STARTS WITH OAT.

Our clinically proven formula with prebiotic oat provides long-lasting moisture and helps prevent, protect, and nourish dry skin.

Aveeno

HEALTHY. IT'S OUR NATURE.™

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ENHANCE YOUR SKIN

Anastasia Beverly Hills Pro Pencil masterfully conceals spots and discoloration, and moonlights as both a highlighter—dab it over brow- and cheekbones—and an eye-shadow primer ($18, *sephora.com*).

Vapour Luminous Foundation contains mineral pigments and hydrating organic sunflower-seed oil to even tone and impart healthy radiance. Choose from 19 shades ($46, *vapourbeauty.com*).

Nudestix Lip & Cheek Pencil's eight creamy, multitasking colors glide easily over skin. Dot it on, then buff in with fingertips ($26, *sephora.com*).

DEFINE YOUR EYES

Lancôme Brow Shaping Powdery Pencil fills in sparse arches or defines bold ones with a few short flicks ($27, *lancome-usa.com*).

Diorshow 24H Stylo Eyeliner has a built-in sharpener to ensure it goes exactly where you want it—and the water-proof formula keeps it there (in 12 shades; $33, *dior.com*).

Charlotte Tilbury Colour Chameleon Eye Shadow Pencil is a breeze to apply: Just run it above your lashes and blend up (in 8 shades; $27, *charlottetilbury.com*).

PLAY UP YOUR LIPS

The eight long-lasting tints of **L'Oréal Paris Colour Riche Matte Lip Liner** leave lips looking softer and fuller ($9, *drugstore.com*).

Bobbi Brown Art Stick is where creamy texture, gorgeous color, and staying power meet ($29, *bobbibrowncosmetics.com*).

Burt's Bees Lip Crayon has jojoba oil and shea butter for the moisturizing feel of a balm, plus the natural beauty of a sheer hue (in 6 shades; $9, *drugstore.com*).

PETER ARDITO (PENCIL LINES)

Fasenra®
(benralizumab) Subcutaneous Injection 30 mg
Breathtaking Science. Breath-Giving Medicine.

This quiet moment is brought to you by nature. Also by FASENRA.

FASENRA helps prevent asthma attacks, improve breathing, and lower daily use of oral steroids.* It's only 1 maintenance dose every 8 weeks† and has a convenient pen option.

Talk to your doctor or visit **FASENRA.com**. Think of this moment as a quiet victory.

FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.

***Results may vary.**
†The first 3 doses are given on day 1, week 4, and week 8.

IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.
Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - o swelling of your face, mouth and tongue
  - o breathing problems
  - o fainting, dizziness, feeling lightheaded (low blood pressure)
  - o rash
  - o hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - o There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **www.FDA.gov/medwatch** or call **1-800-FDA-1088.**

Please see Brief Summary of full Prescribing Information on following page.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

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- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.
- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA.
Call your doctor for medical advice about side effects.
You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α-trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.
Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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Amazing Grains

KODA FARMS, *South Dos Palos, California*

For generations of Asian Americans, a hefty sack of Kokuho Rose rice has represented home. Developed in the 1950s at Koda Farms in the San Joaquin Valley, this iconic varietal of medium-grain, Japonica-style rice became a staple for many Japanese, Chinese, and Korean immigrants searching for the familiar stickiness and texture they found lacking in the typical long-grain types at U.S. supermarkets. Today, more than a century since its founding by Keisaburo Koda, a native of Japan's Fukushima prefecture, Koda remains California's oldest family-owned-and-operated rice farm and mill—and still grows some of the most delicious kernels in the country. Siblings Robin Koda and Ross Koda, grandchildren of the founder, run the company today with a close eye on its legacy. They plant heirloom Kokuho Rose seeds, which take longer to mature and are more difficult to harvest than modern counterparts due to their taller height. The payoff, says Robin, is a faintly floral, almost sweet flavor: "It hasn't had everything tasty bred out of it." But buyer beware—look-alike brands (there are several) are no match. "We now put our grandfather's photo on our table-rice packaging to distinguish it," says Robin. "We want to live up to his standards." *—Catherine Hong*

White and translucent when raw, Kokuho Rose grains cook up moist, tender, and just clingy enough to grab easily with chopsticks.

THE DETAILS: Organic Kokuho Rose, *from $6 for 1 lb., kodafarms.com.* **Masuda Kiribako storage canister** (traditional box made of naturally insect- and mold-resistant paulownia wood)**,** *$150, shoptenzo.com.*

STYLING BY LORNA ARAGON (LEFT); COURTESY OF R&R KODA (1, 3); LUKE AMARU (2); MASA BABA (4)

PHOTOGRAPH BY FRANK FRANCES

1

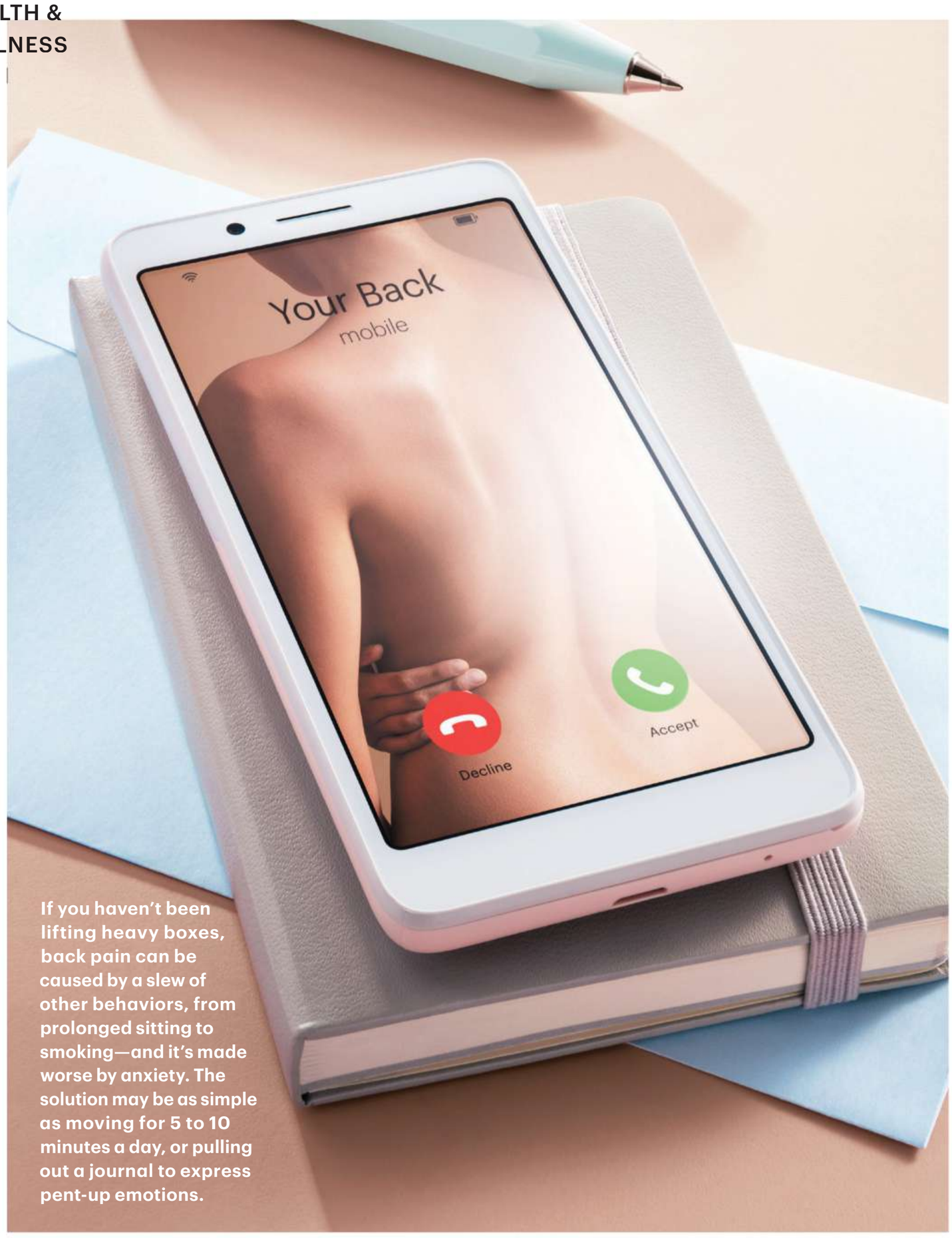
2

Best in the Field

1. THE FOUNDER Keisaburo Koda in his California rice fields in the 1930s, before he and his family were forced to relocate to internment camps during World War II. At that time, the family's mill and equipment and most of their land were liquidated, forcing the Kodas to start all over again when they were finally released in 1945. **2. THE CROP** The farm's heirloom Kokuho Rose is ready to be harvested in September. The family operates their own seed nursery, where they carefully select panicles to plant to ensure quality. It takes about five years, from sowing to bagging, for the rice to reach customers. **3. THE PROCESS** In the '30s, Koda farmworkers operated advanced equipment of that time: a propane-fueled combine. **4. THE STEWARDS** Siblings and co-owners Robin and Ross Koda produce white, brown, and short-grain sweet types, as well as rice flour. Their products are praised by chefs such as Brooks Headley of Superiority Burger, in New York City, and Minh Phan of Phenakite, in Los Angeles; and cookbook authors including Mark Bittman and Sonoko Sakai.

3

4



If you haven't been lifting heavy boxes, back pain can be caused by a slew of other behaviors, from prolonged sitting to smoking—and it's made worse by anxiety. The solution may be as simple as moving for 5 to 10 minutes a day, or pulling out a journal to express pent-up emotions.

Check Your Messages

Olivia Newton-John was just flirting when she cooed, "Let me hear your body talk." But the truth is, it's communicating with you all the time: thanking you when you treat it well, and raising red flags when it needs attention. Learn to understand these five common yet confounding signals, so you can take healing action.

TEXT BY LYNYA FLOYD

Your Calf Just Seized Up Like It's in a Vice

TRANSLATION: The excruciating leg cramp we call a charley horse is likely happening because you're dehydrated. "This causes an electrolyte imbalance in muscles, and they react by spasming," says Craig Kann, a physical therapist and athletic trainer at the Mayo Clinic Health System in Eau Claire, Wisconsin. As we age, our muscles have a more difficult time eliminating waste, which can also result in cramping; drinking water helps relieve it in both cases.

SOLUTION: Gently massage and stretch the area, or if you can't bear to touch it, apply heat. Then start sipping. You need to replenish not just water but electrolytes (magnesium, chloride, potassium, and calcium). Rather than turning to electrolyte-rich sports drinks, which can be high in sugar and additives, some experts recommend tablets like Nuun, which you drop into plain water (from $7 for 10, *nuunlife.com*). Make it a habit to keep the liquids coming. Women need about 11.5 cups of fluids a day (just under three liters), per the U.S. National Academies of Sciences, Engineering, and Medicine. If you live in a hot climate or are very active, throw back more.

Your Eyelid Twitches Uncontrollably

TRANSLATION: You're stressed out. "It's a common complaint from patients when they're worried about a deadline," says Ninani Kombo, MD, an assistant professor of ophthalmology and visual science at Yale School of Medicine. Add a sleepless night and an extra cup of coffee or two, and you've hit the trifecta—insomnia and caffeine can be culprits, too.

PHOTOGRAPH BY MAURICIO ALEJO

STYLING BY ENRIQUE MÉNDEZ VEDE; MODEL: ESTEFANIA FRANCO AT NEW ICON

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SOLUTION: "We'll always have deadlines and problems, so it's best to figure out how to help your body be more resistant to stress," says Kombo, who counsels patients to make regular time for exercise or a meditation practice. In the moment, your go-to stress reducer (deep breathing? cat-cow pose?) may help, as can massaging your eyelid or applying a warm compress to relax the muscle. If the problem persists, see a doc: It might be the side effect of a medication or an indication of a neurological disorder.

A Red or Flaky Patch on Your Skin Itches Like Crazy

TRANSLATION: It's one of those old troublemakers, eczema or psoriasis. "These concerns are very common. While stress or dry skin can play a role, they're often the result of hormonal changes as a part of your normal cycle, or changes in your diet," explains Taz Bhatia, MD, a wellness expert and integrative-health physician in Atlanta. Neither is a condition to worry about, but both can be unsightly and uncomfortable.

SOLUTION: Nip them in the bud. "It's easy to address mild to moderate symptoms, but harder to get severe ones in check," says Bhatia. "First, look at your diet to see if your nutritional chemistry is off. Are you getting enough healthy fats and protein? Eating too many high-sugar or processed foods?" If you've been eating well and the issue doesn't go away in a few days, talk to your doctor. She may prescribe a topical treatment or in-office light therapy to reduce inflammation and slow the growth of affected skin cells, or an oral or injected medication that targets the immune system.

Your Eyes Keep Watering

TRANSLATION: They're actually dry. (Oh, the irony!) "When smaller tear glands aren't doing their job to keep your eyes wet, bigger ones kick in—and they're less controlled," says Kombo. Plus, when you stare at a monitor for long stretches, you blink less, and blinking is a moisturizing mechanism. Kombo also notes that dry eyes may increase from perimenopause through postmenopause (due to hormone changes) and in people who spend a lot of time near fans or forced-air heat.

SOLUTION: Apply drops of artificial tears (aka saline water) when you wake up, and during the day as needed, until they return to normal. To take breaks from digital strain, follow the 20-20-20 rule: Set a timer (or note the time on a pad) so that every 20 minutes, you look at something 20 feet away for 20 seconds.

Your Nails Are as Ridged as a Licorice Whip

TRANSLATION: Vertical bumps can be a sign of aging or a result of cuticle damage from an overaggressive manicure, but chances are your fingernails are just parched. "Nails start out as living cells. When they get dehydrated, that changes the way they grow, and ridges form," explains Kavita Mariwalla, MD, a dermatologist in West Islip, New York.

SOLUTION: "Use a rich moisturizer on your cuticles on a daily basis; this won't smooth ridged nails, but it will seal in hydration, preventing ridging in the future," says Mariwalla, who likes Skinfix Remedy+ 911 Ointment ($24, *skinfix.com*); you can also use Vaseline. In addition, she suggests brushing on a ridge filler and a base coat during a mani. Finally, says Mariwalla, avoid potentially harsh treatments like artificial nails, gel manicures, buffing (it can thin the nail plate), and soaking in removers containing acetone, which strips natural oils.

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Ask Martha

To get real high-quality Parmigiano-Reggiano like this, look for the full name stamped on the rind.

What's the difference between Parmigiano-Reggiano, Grana Padano, and Pecorino Romano?

—Janet Iredell, Roanoke, Va.

Three factors differentiate these hard Italian cheeses, says *Living* assistant food editor Riley Wofford: the milk source, where they're made, and the aging period. Time of year affects all of them. "Flavors from whatever the animal eats are imparted," explains Riley. "The cheeses from spring grazing taste grassier, and in the colder months they're creamier and richer."

PARMIGIANO-REGGIANO

Made only in five northern Italian provinces, from fresh cow's milk aged for at least a year, this king of cheeses is prized for its sharp, nutty flavor and granular texture. It's our go-to finisher for pastas and meatballs, and for shredding over salads. It's also a delicious snack or appetizer in chunks on its own.

GRANA PADANO

Like Parm, this cheese, which is aged a minimum of nine months, comes from cow's milk. But it's milder and slightly sweeter. "It's great in dishes where it isn't the heavy hitter," says Riley, such as mixed with ricotta in lasagna layers, stuffed shells, or ravioli filling.

PECORINO ROMANO

A bit stronger and saltier, it's made from tangy sheep's milk and aged for 5 to 12 months. In its native central Italy, it's traditionally used in cacio e pepe; Riley adds it to pasta carbonara and other rich, fatty dishes, "and sauces that lean to the sweet side, like Bolognese."

JUANMONINO/GETTY IMAGES

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How can I get my cat to scratch her new post instead of my furniture?

—Eva Hawthorne, Austin, Tex.

First, make sure the structure isn't wobbly; if it is, stabilize it on a more level surface. "If it sways when she jumps on, she may not use it," says Katherine Houpt, professor emeritus of behavior medicine at the Cornell University College of Veterinary Medicine. Location is important, too. Since scratching is a marking behavior, cats like to do it in prominent places, says Houpt. Set your post in a prime spot—say, by the sofa—and Zelda can claim her own territory without destroying yours. If she's still not feeling it, try luring her on with a wand toy. "Guide her up till she really gets her claws in," says Jennifer Van de Kieft, a certified cat-behavior consultant in New York City. Or rub the post with a proven attractant, such as catnip or silvervine.

BUILD YOUR OWN

To DIY a scratching post, hover your smartphone here, or go to *marthastewart.com/scratchingpost*.

| ECO TIP |

Every Brick Is Awesome

It's a bittersweet milestone for many parents: purging the once-cherished mountain of Legos. Most recycling centers don't accept them, but there are a few ways to pass them onto another budding builder.

START AT THE SOURCE
Lego Replay has teamed up with **Give Back Box** to make the process a breeze. Don't worry about gathering full sets; just put everything in a box, and print out a free shipping label at *givebackbox.com/lego*. Once received, the pieces are cleaned, then donated to organizations like Teach for America.

SPREAD HAPPINESS
Many local charities won't accept mixed-up sets (or any at all), so call ahead. Or try groups like **Brick Recycler, the Giving Brick,** and **Brick-Dreams,** which welcome mismatched pieces and partial sets for distribution to kids in need. Either way, hand-wash all Legos first with warm water and mild detergent.

LET US HELP YOU!

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KIRSTEN FRANCIS

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What is dishwasher rinse aid, and do I really need to use it?

—Wendy Harvel, Vieques, P.R.

The liquid, which goes in that little slot next to the detergent compartment, contains a surfactant that prevents water from forming into droplets. The resulting thinner layer of water evaporates more quickly, which means no marks on your glasses and less hand-drying after a load. Citric acid, another ingredient, also collects deposits often found in hard water, which otherwise linger around dishes and create spotting, explains Alona Wells, senior category manager of dish care at Bosch. So while you don't *have* to use a rinse aid, there are certainly good reasons to.

EZ Glide Surface Protectors *(top and bottom), from $7.50 for 6, amazon.com.*
Magic Sliders *(middle), from $5.75 for 4, homedepot.com.*

SMOOTH MOVES

It's such a drag when well-cared-for floors get scratched. To keep hers pristine, Martha uses super-sticky synthetic-fiber EZ Glides on the feet of her furniture. On carpets, try Magic Sliders, which come in both nail-on and screw-in varieties.

Reporting by Tina Chadha; additional reporting by Erica Sloan

KATE SEARS (DISHWASHER); RYAN MESINA (PADS); JASON DONNELLY (SNEAKERS)

| CLEANING |

Pristine Kicks

To keep your sneakers looking sharp through the fall, give them regular touch-ups. "Spot-cleaning every few wears, rather than only when they get dirty, will help them last longer," says Jeff Esquillo, co-owner of the Jersey City, New Jersey, sneaker-restoration shop Sole Fresh. His pointers:

1

HAND-WASH GENTLY

Use a solution of mild dish soap (such as Dawn) and water with a soft-bristled brush for mesh, and a medium or firm one for canvas and synthetics, as well as for all shoe bottoms; Esquillo recommends the Reshoeven8r 3-Brush Pack ($25, *reshoeven8r.com*). Pat dry with a microfiber cloth.

2

MIND THE INSIDES

They bear the brunt of sweaty feet. To eliminate both odor and bacteria buildup, remove the insoles, flip up the tongue, and scrub them both with the same soap solution you used on the outsides, and the stiffer brush.

3

AIR THEM OUT

Rotate pairs on alternate days (or allow a day between wears), so the clean ones always have a chance to dry out fully. And store all your sneaks on a shoe tree to properly maintain their shape.

Suede and leather sneakers need special treatment for cleaning; get those details at *marthastewart.com/shoecare*.

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FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

| HEALTHY APPETITE |

Crown Champion

In the hierarchy of nutrient-rich vegetables, broccoli is hard to beat. It's low in calories and carbs, and a great source of fiber, antioxidants, and immune-boosting vitamin C. In these quick recipes, it rises from side-of-the-plate status to reign supreme.

TEXT AND RECIPES BY LAURYN TYRELL

PHOTOGRAPHS BY FRANK FRANCES

SMALL VICTORIES
Using an eight-inch skillet yields thick slices, and the nonstick surface keeps cleanup easy.

3 | A Power Breakfast
Quick Broccoli Frittata

"Frozen broccoli is preserved at peak freshness, so you get maximum nutritional benefits in each bite," says nutritionist Vicki Shanta Retelny. Avocado and olive oil add healthy fats.

In a small ovenproof nonstick skillet, heat 1 tablespoon each **extra-virgin olive oil** and minced **garlic** over medium until fragrant, 1 minute. Stir in 10 ounces **frozen broccoli florets;** season with **salt** and **pepper.** Cook, covered, until broccoli is tender, 4 to 5 minutes. Uncover; continue to cook until liquid has evaporated, 30 seconds. Meanwhile, preheat broiler. Beat 5 **large eggs** with ¼ teaspoon salt, ⅛ teaspoon pepper, and ⅓ cup grated **sharp white cheddar** until combined. Add egg mixture to skillet, and stir occasionally until large curds form and edges begin to set, about 30 seconds. Transfer skillet to oven; broil until eggs are puffed, golden, and just set, about 2 minutes. Let stand 5 minutes. Serve with sliced **avocado, flaky sea salt,** and a drizzle of oil.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 20 MIN.
SERVES: 4

1 | A Vegetarian Brunch
Vibrant-Green Broccoli Curry

This recipe is vegan, too. Tofu and broccoli are both excellent sources of calcium.

Preheat broiler. Cut 14 ounces **extra-firm tofu** into cubes; drain on paper towels 10 minutes. Pat dry. Toss with 1 tablespoon each **vegetable oil** and **tamari.** Broil, turning once, until golden, 6 to 8 minutes. Slice 3 **Thai bird chiles;** cover with the juice of 1 **lime.** Heat 1 tablespoon oil in a pot over medium. Add 2 tablespoons each minced **fresh ginger, shallot,** and **cilantro stems** and a pinch of **salt.** Cook, stirring, about 2 minutes. Add 2 tablespoons **green curry paste;** cook 1 minute more. Add a 13.5-ounce can of **light coconut milk** and ½ cup **water;** season with salt and **pepper.** Bring to a boil, then reduce heat, add 6 cups **broccoli florets,** and simmer, partially covered, until tender, about 3 minutes. Add tofu, season, and serve with **brown rice, cilantro leaves,** and pickled chiles.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 25 MIN. | **SERVES:** 4

2 | A Superfood Side
Broccoli, Herb, and Pistachio "Grain" Salad

Steaming the florets breaks down the fiber in them without degrading the nutrients, so it's easier to digest.

Cut 12 ounces **broccoli crowns** into large pieces. Steam in a pot of simmering water fitted with a steamer basket until crisp-tender, 2 to 3 minutes. Remove broccoli and drain; let cool 20 minutes. Finely chop to create a rice-like texture. Toss in a bowl with 1½ cups chopped **parsley,** ½ cup chopped **cilantro,** 1 cup chopped **apple** and/or **pomegranate arils,** the juice and zest of 1 **lemon,** and ¼ cup **extra-virgin olive oil.** Season; top with chopped **pistachios** and **sumac.**

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 35 MIN.
SERVES: 4

"Broccoli contains a powerful phytochemical called sulforaphane, which defends against cancer."

—Chicago-based registered dietitian Vicki Shanta Retelny

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| PERFECTING A CLASSIC |

A Better Granola

Some recipes are too sweet, while others don't bind into those super-satisfying clusters. Our approach solves for these snafus, and allows for improvisation: You can swap in any nuts, seeds, or dried fruit you have handy, and adjust so yours is higher in protein or lower in sugar. Squirrel away a new favorite today.

TEXT BY CLAIRE SULLIVAN RECIPE BY RILEY WOFFORD

We love to sprinkle granola on Bellwether Farms Plain Sheep Milk Yogurt. It's creamy and rich, but mild enough that kids love it too (from $3 for 6 oz., *bellwether farms.com*).

Basic Granola

For a speedy transfer, break up big chunks with a spatula, pinch and lift opposite ends of the parchment, and funnel the granola into a jar.

- **4 cups old-fashioned rolled oats**
- **2 cups chopped nuts, seeds, or a combination, such as almonds, pistachios, and walnuts and pumpkin, sunflower, and flax seeds**
- **1½ teaspoons kosher salt (we use DIamond Crystal)**
- **½ teaspoon ground cinnamon**
- **½ cup packed light-brown sugar**
- **⅓ cup honey or pure maple syrup**
- **⅓ cup vegetable or extra-virgin olive oil**
- **1 cup dried fruit, such as cherries, cranberries, or chopped apricots**

1. Preheat oven to 300°. Line a rimmed baking sheet with parchment. In a large heatproof bowl, combine oats, nuts and seeds, salt, and cinnamon.

2. Bring brown sugar, honey, and oil to a simmer in a small saucepan over medium heat, stirring until sugar has dissolved. Pour over oat mixture; stir to combine. Spread in an even layer on prepared sheet.

3. Bake, stirring every 15 minutes, until golden and crisp, 40 to 55 minutes. Let cool completely. Stir in fruit. Store in an airtight container up to 2 weeks.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 1 HR., PLUS COOLING | **MAKES:** ABOUT 7 CUPS

Healthy Heapings

ADD EARTHY NUTTINESS Replace half the oats with **toasted buckwheat groats.**

PACK IN PROTEIN (AND LESS SUGAR) For lasting energy, use just ⅓ cup brown sugar; fold in 1 whisked **egg white** and ¾ cup **unsweetened flaked coconut** (for flavor) before spreading onto sheet.

PHOTOGRAPH BY FRANK FRANCES

FOOD STYLING BY RILEY WOFFORD; PROP STYLING BY SUZIE MYERS

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BURGER NIGHT

When you think beyond the usual combos, a world of juicy flavor awaits. You can pack a pita with a bright salmon-and-spinach patty; beef up a classic with a quick chili sauce and corn chips; or veg out with an herb-filled chickpea number. Everyone will flip for these evening specials.

TEXT BY CLAIRE SULLIVAN RECIPES BY SARAH CAREY

A quick mix of goat cheese, oregano, olive oil, and lemon juice brings a hint of tang and richness to our salmon patties.

Salmon-Spinach Burgers

- 4 ounces goat cheese, softened
- ¼ cup plus 2 tablespoons extra-virgin olive oil
- 1½ teaspoons grated lemon zest, plus 4 teaspoons fresh juice and wedges for serving
- ½ teaspoon dried oregano
- Kosher salt (we use Diamond Crystal) and freshly ground pepper
- 1 pound skinless salmon fillets (preferably wild Alaskan), roughly chopped
- 4 cups baby spinach or baby-greens mix, tough stems trimmed
- ½ English cucumber, seeded and cut into ¾-inch pieces (1½ cups)
- 8 small tomatoes, such as Campari or cocktail, quartered (2 cups)
- Warmed flatbread, such as pita, naan, or lavash, for serving

1. In a bowl, mash together goat cheese, 2 tablespoons oil, 1 teaspoon lemon juice, and oregano. Season with salt and pepper. Pulse half of salmon to a paste in a food processor. Add 2 cups spinach, remaining salmon, lemon zest, 1¼ teaspoons salt, and ½ teaspoon pepper; pulse to barely combine. Shape mixture into four ¾-inch-thick patties.

2. Toss together cucumber, tomatoes, and remaining 2 cups spinach. Add 2 tablespoons oil and remaining 1 tablespoon lemon juice. Season.

3. Heat a large nonstick or cast-iron skillet over medium-high. Add remaining 2 tablespoons oil. Cook patties until golden and cooked through, 3 to 4 minutes a side. Serve alongside salad with goat-cheese mixture, flatbread, and lemon wedges.

ACTIVE/TOTAL TIME: 40 MIN. | **SERVES:** 4

FOOD STYLING BY GREG LOFTS; PROP STYLING BY SUZIE MYERS

PHOTOGRAPHS BY FRANK FRANCES

Chili-Pie Burgers

Turkey-Mushroom Patty Melts

Carrot-Chickpea Burgers

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Sea Cuisine® Kicked-Up Potato Crusted Codwich

Chili-Pie Burgers

- **2 teaspoons vegetable oil**
- **½ cup finely chopped onion**
- **2 teaspoons minced garlic (from 2 cloves)**
- **Kosher salt and freshly ground pepper**
- **2 teaspoons chili powder**
- **¼ cup ketchup**
- **1 pound ground beef (85 percent lean)**
- **8 slices American cheese**
- **4 potato buns, such as Martin's**
- **Iceberg- or romaine-lettuce leaves, pickled jalapeños, and corn chips (preferably Fritos), for serving**

1. Preheat oven to 350°. Heat oil in a skillet over medium; add onion and garlic. Season and cook until translucent, 3 minutes. Add chili powder; cook 30 seconds. Stir in ketchup; cook 1 minute. Shape beef into 4 patties, each a scant ½ inch thick; season.

2. Place 1 slice cheese on bottom half of each bun; place separated tops and bottoms on a baking sheet and toast in oven while burgers cook. Meanwhile, heat a large, heavy skillet (preferably cast iron) over medium-high. Add burgers and cook, pressing with a spatula, until browned, about 3 minutes. Flip; reduce heat to medium. Top each burger with a quarter of onion mixture and a slice of cheese. Cover and cook until cheese melts, about 1 minute. Serve on buns with lettuce, jalapeños, and chips.

ACTIVE/TOTAL TIME: 35 MIN. | **SERVES:** 4

Turkey-Mushroom Patty Melts

- **10 ounces button mushrooms, chopped (2½ cups)**
- **Kosher salt (we use Diamond Crystal) and freshly ground pepper**
- **5 tablespoons extra-virgin olive oil, plus more for brushing**
- **2 teaspoons minced garlic (from 2 cloves)**
- **1 pound ground turkey, preferably dark meat**
- **3 cups shredded romaine lettuce (from 1 head)**
- **1 tablespoon chopped fresh dill, plus sprigs for serving**
- **1 tablespoon fresh lemon juice**
- **4 slices rye bread**
- **Dijon mustard, for brushing and serving**
- **4 ounces Havarti, sliced**

1. Heat a skillet over medium-high. Add mushrooms; season with salt and pepper. Cook, stirring, until tender, 5 minutes. Add 1 tablespoon oil and garlic; cook 1 minute. Let cool 10 minutes; transfer to a bowl and stir in turkey, 1 teaspoon salt, and ¼ teaspoon pepper. Shape into four ½-inch-thick patties; refrigerate 20 minutes. Toss lettuce with dill, lemon juice, and 2 tablespoons oil; season.

2. Brush bread slices on one side with oil and on other with mustard. Heat cleaned skillet over medium-high; swirl in remaining oil. Add burgers; cook, flipping once, about 3 minutes a side. Transfer to a plate; reduce heat to low. Add bread, oil-side down; top with cheese and burgers. Cover; cook until cheese melts, 3 minutes. Serve with salad, dill sprigs, and more mustard.

ACTIVE TIME: 45 MIN. | **TOTAL TIME:** 1 HR. 15 MIN. | **SERVES:** 4

Carrot-Chickpea Burgers

- **¼ cup extra-virgin olive oil, plus more for drizzling**
- **1 tablespoon finely chopped garlic (from 3 cloves)**
- **1 cup grated carrots (from 2), plus more for serving**
- **Kosher salt (we use Diamond Crystal) and freshly ground pepper**
- **1 can (15.5 ounces) chickpeas, drained**
- **½ cup cooked white rice**
- **½ cup panko breadcrumbs**
- **1 large egg**
- **¾ cup packed chopped fresh cilantro, plus leaves for serving**
- **½ cup full-fat Greek-style yogurt**
- **Little Gem lettuce, for serving**

1. Heat 2 teaspoons oil in a skillet over medium. Add garlic; cook until fragrant, about 30 seconds. Add carrots; season with salt and pepper and cook, stirring, 1 minute. In a food processor, pulse 1 cup chickpeas, rice, panko, and egg to a paste. Add remaining chickpeas, carrot mixture, ½ cup cilantro, 1 teaspoon salt, and ¼ teaspoon pepper; pulse to combine. Shape into four ¾-inch-thick patties; refrigerate 20 minutes.

2. Stir together yogurt, remaining ¼ cup cilantro, and 1 teaspoon oil; season. Heat remaining 3 tablespoons oil in a large nonstick skillet over medium-high. Add burgers and cook until golden, 3 to 4 minutes a side. Serve over lettuce with more carrots, yogurt sauce, a drizzle of oil, and a sprinkle of pepper and cilantro leaves.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 1 HR. | **SERVES:** 4

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Sea Cuisine® Kicked-Up Potato Crusted Codwich

- **1 package Sea Cuisine® Potato Crusted Cod**
- **2 burger buns, regular or whole wheat**
- **¼ cup mayonnaise**
- **1 tablespoon hot sauce, such as sriracha**
- **½ cup thinly sliced cucumber**
- **½ cup baby arugula**
- **Salt and pepper to taste**
- **½ cup shredded red cabbage**
- **1 lime, halved**
- **2 tablespoons extra-virgin olive oil**

1. Cook cod according to package instructions (for best food quality and safety, cook fish to a minimum internal temperature of 155°). Meanwhile, mix hot sauce and mayonnaise in a small bowl. Season to taste with salt and pepper. In a separate bowl, mix cabbage with olive oil and a squeeze of lime juice, and season to taste with salt and pepper (in a pinch, you can use store-bought coleslaw mix).

2. Lightly toast buns in oven for a crunchy bite (optional). Spread spicy mayonnaise on the bottom half of each bun; top with cooked cod, sliced cucumber, slaw, and arugula.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 35 MIN. | **SERVES:** 2

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| HOMESCHOOL |

Substitute Teacher

We've all been there: apron (and music) on and ready to cook, only to realize we're out of a crucial ingredient. With these clever swaps for eight common flavor builders, you can save yourself the grocery dash. Use an equal amount in your recipe (unless otherwise noted below), and make do—deliciously.

TEXT BY CLAIRE SULLIVAN

THE MISSING ITEM		WHAT IT BRINGS		THE SMART SUB
Kosher Salt		It amplifies the flavor of everything it touches (especially the big flakes of Diamond Crystal, which we reach for), whether you add a generous pinch to cookie dough or a hefty pour to pasta water.		**½ teaspoon table or fine sea salt equals 1 teaspoon Diamond Crystal kosher.**
Shallots		The petite, bronze-skinned alliums lend subtle sweetness and a slight bite to vinaigrettes, salads, and braised dishes—think onion meets garlic.		**Red or white onions or leeks, plus a pinch of minced garlic.**
Fish Sauce		This South Asian staple offers bright, briny notes and deep umami (i.e., flavor that's intensely savory and fishy, in a good way) to soups, stews, and stir-fries.		**Equal parts soy sauce and rice vinegar, mixed with 1 minced anchovy.**
Tomato Paste		It intensifies any tomato sauce. You can also fry a spoonful with aromatics for a hint of sweetness and acidity when cooking a pot roast or stew.		**Ketchup! Or simmer down double the amount of marinara sauce.**
Capers		You get salty, tangy, floral bites when you sprinkle them on salads or toss them with roasting vegetables halfway through the cook time. Lemon-caper sauce is classic on chicken piccata or fish.		**Chopped mild green olives, mild pickled peppers, or pickles.**
Dijon Mustard		The condiment delivers spice, tang, and vinegary punch. Stir it into a pan sauce to thicken the consistency, or whisk it with oil and vinegar to emulsify and enrich a salad dressing.		**Grainy or spicy brown mustard, or horseradish in a pinch.**
Tender Herbs		This delicate family includes parsley, cilantro, dill, mint, basil, and chervil. Showered over salads, soups, or cooked meat, they add lively, aromatic notes.		**The same amount of another tender herb.**
Hardy Herbs		Thyme, oregano, rosemary, and marjoram taste subtly sweet and woodsy. Throw a few sprigs into a pan of roasting chicken or vegetables, or sauté them, chopped, with mirepoix for a soup or stew.		**An equal amount of another hardy herb, or half the amount of dried.**

ILLUSTRATIONS BY DANIELLE GOLINSKI

CHICKEN WITH CHEESE & VEGETABLES

NOTHING WILL STICK BUT THE SMILES ON THEIR FACES.

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| POTLUCK |

Spreading the Love

Few dishes are as elemental and versatile as hummus—the creamy chickpea-and-tahini purée is a plush landing pad for herbs, vegetables, and even meat. Einat Admony, the celebrated Brooklyn-based chef and restaurateur, shares the magic of making it at home.

TEXT BY CLAIRE SULLIVAN

EINAT ADMONY'S KNACK FOR FLAVOR emerged at age 5 in her family's Tel Aviv, Israel, kitchen. She played sous-chef to her mother as she prepared Shabbat dinner each week, and later became the resident cook while traveling through Europe with friends. So when she settled down in Brooklyn in 1999, a food career was a no-brainer: "The kitchen is the place I feel most comfortable," she says. "Everywhere I go, I'm the one who needs to feed people." In 2005, she and her husband opened a fast-casual falafel restaurant, Taïm, which now has seven East Coast locations. Balaboosta, a chic sit-down spot in Manhattan's West Village, followed in 2010, as have two gorgeous cookbooks—most recently ***Shuk*** (Artisan Books). Here, she offers her signature, light-as-air hummus recipe and three serving ideas that run circles around carrot sticks.

JUST ADD PITAS

Swirl some hummus on a plate and consider serving it one of these inspired ways, courtesy of the chef.

FOR A CLASSIC APP
Warm chickpeas, dollops of tahini sauce and harissa, a drizzle of olive oil, and sprinkles of paprika, salt, and pepper.

FOR A SAVORY MAIN
Ground beef sautéed with chopped jalapeño and caramelized onion, and garnished with fresh parsley and pine nuts.

FOR A VEGGIE FEST
Roasted mushrooms and caramelized onion, served with crudités.

Perfectly Balanced Hummus

While you can use canned chickpeas in a pinch, you'll get smooth, silky results from dried ones. Simmering the soaked peas with a bit of baking soda softens them.

- **2½ cups dried chickpeas, preferably small**
- **1 teaspoon baking soda**
- **¾ cup high-quality raw tahini**
- **½ cup plus 2 tablespoons fresh lemon juice**
- **1 teaspoon ground cumin**
- **2 cloves garlic, smashed**
- **3 tablespoons extra-virgin olive oil, plus more for drizzling**
- **2 tablespoons ice water, plus 4 more if needed**
- **Kosher salt and freshly ground black pepper**
- **Chopped fresh parsley, ground sweet paprika, Classic Tahini Sauce (for recipe, see page 101), and harissa, for serving (optional)**

1. Combine chickpeas and ½ teaspoon baking soda in a bowl. Add cold water to cover; soak overnight.

2. Drain and rinse chickpeas; transfer to a large pot and add 3 quarts water. Add remaining ½ teaspoon baking soda; bring to a boil. Boil until chickpeas are tender but not mushy, 1 to 1½ hours. Skim off any floating shells. Scoop out 1 cup; set aside. Continue cooking the rest until completely soft, about 20 minutes.

3. Prepare an ice bath. Drain chickpeas and transfer to a bowl set in ice bath; let cool completely (or refrigerate, covered, up to overnight). Pick off any remaining skins (optional). Place chickpeas in a food processor with tahini, lemon juice, cumin, garlic, oil, and ice water; season with salt and pepper. Purée until smooth. If too thick, add remaining ice water, a bit at a time; purée until smooth. Season to taste.

4. To serve, gently reheat reserved cooked chickpeas in a small saucepan over medium. Spoon hummus into a shallow serving dish, leaving a crater in center. Add cooked chickpeas to crater; sprinkle with parsley, drizzle with oil, and lightly dust with paprika. Serve with tahini sauce and harissa.

SERVES: 10 TO 12

ADAPTED FROM *SHUK*, BY EINAT ADMONY AND JANNA GUR (ARTISAN BOOKS). COPYRIGHT © 2019

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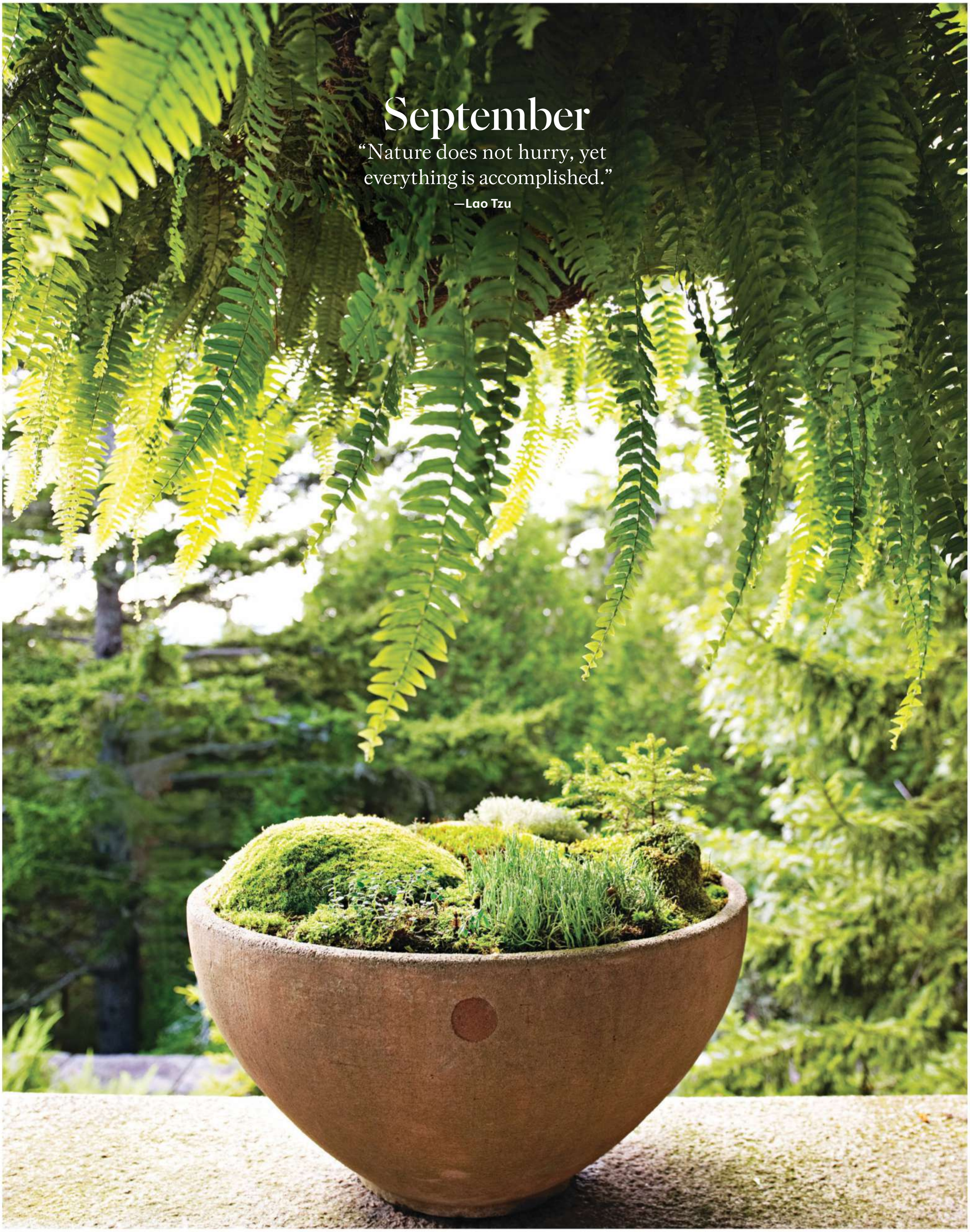


PHOTOGRAPH BY PAUL COSTELLO

Martha MOVES ON

After 30 happy years in the Hamptons, Martha has sold the 19th-century shingled cottage she bought in 1990 and lovingly renovated and furnished. While packing up this past summer, she reminisced about decorating the place, riding her bike everywhere, and throwing parties—lots of parties.

PHOTOGRAPHS BY PIETER ESTERSOHN | TEXT BY DAN SHAW

EXTERIOR PHOTOGRAPH BY NOE DEWITT

| PEACEFUL PALETTES |

A majestic stuffed tarpon hangs above an 18th-century Swedish console in the living room. Martha collected several of these antique fish and sent them to Skylands, her home in Maine, to be displayed there. Originally painted white, the walls are now a warm yellow, and the wainscoted ceiling has a rosy hue. The curved linen sofa hugs the room's bowed windows, and the wrought-iron coffee table with a sandstone top stands on sisal carpeting from Safavieh, which flows through the house. *Opposite*: For years, the home's trim was teal, to complement Martha's rose garden. When she moved the rosebushes to her farm in Bedford and replaced them with deep-green shrubbery and burgundy Japanese maples, she switched to a biscuit color that blends in better with the new plantings.

| SHINING SURFACES |

***Above*: The Dutch door in the front hall has its original paneling, balustrade, and built-in bench for sitting to remove shoes. "The stairwell, which is big enough for a queen-size bed to fit through but not a king, goes up to the third floor, and at each landing there are very pretty clear leaded windows," Martha says. *Right*: Venetian-style shell chairs flank an antique Swedish table on the second-floor landing, where she hung a large mirror to amplify the natural light. Beneath the table, a long woven basket used for holding quail at a shoot is "an oddity" she purchased at a local tag sale. *Below*: In front of the entrance hall's fireplace, Martha paired cane chairs from a collaboration with Bernhardt Furniture with an antique game table for playing cards and competitive rounds of Scrabble with friends.**

MORE THAN 30 YEARS AGO, Martha's daughter, Alexis, encouraged her mother, newly single after 29 years of marriage, to spend weekends in the Hamptons, the string of venerable beach towns on the eastern end of Long Island. "She said, 'Mom, it's the place to come for a social life,'" recalls Martha, who dipped her toe in as a regular guest at the Sagaponack home of her friends writer Kurt Vonnegut and his wife, photographer Jill Krementz.

Within a year, Martha had rented a small cottage of her own on a quiet lane near the East Hampton Library. "I brought in all this cute furniture and gave dinner parties and met people that way—it was so much fun," she says. "And then Alexis said, 'You have to buy a house.'" So Martha called a broker and looked at a slew of places, including a dignified but woebegone 1870s shingled cottage, one block from the ocean on tree-lined Lily Pond Lane, known as one of East Hampton's most gracious streets. "It was the oldest house on the block and a total wreck," she said. "I decided I had to have it."

Her renovation hewed as closely to the original as possible, but Martha's practical, polished aesthetic made it fresh. Working with renowned local contractor Ben Krupinski, she enclosed a covered porch off the kitchen to create a dining area; wainscoted many of the ceilings; and knocked down walls to create a larger living room and luxe primary suite. "It's an old-fashioned house, but it has a clean, pristine vibe," she says. To furnish it, she shopped at yard sales and antiques stores, gradually filling the space with collections of mercury glass, McCoy pottery, and jadeite dishes.

Martha loved everything about the coastal haven dotted with potato farms and cornfields. "I'd get up in the morning and garden, go to the beach or take a swim, drive to Southampton for lunch, come back, and then go to Amagansett or Montauk for dinner." Her favorite way to get around: a bicycle. "We'd ride everywhere—to Nick & Toni's, to the Clam Bar on Montauk Highway, to the ferry to Shelter Island."

And as her daughter had predicted, she was very social. When the Clintons rented a house down the street, Martha spotted Hillary taking a morning walk and invited her in for a cappuccino. Another day, Martha found herself chatting with Nancy Pelosi at a neighbor's house. She also hosted bona fide bashes: dinner for 100 on the wraparound porch; her 50th birthday party for around 150 on her front lawn. "We had the Cutchogue Fire Department from the North Fork do a chicken barbecue, and the Blue Parrot restaurant in town did a margarita bar," she says. "All my neighbors came: Billy Joel, Lee Radziwill, and Mort Zuckerman, a one-time boyfriend."

But over time, the tranquility of Maine beckoned, and Martha began spending most of every summer at Skylands, the place on Mount Desert Island she bought in 1997. "And that's why I am moving on," she says. "It hurts, because I love the beach in East Hampton. And even though the area's changing, it is still one of the most charming, beautiful places on earth. But I can always come back!"

| COOL COLLECTIONS |

***Clockwise from above*: Martha enclosed an open porch off the kitchen to create a dining area; the chairs are vintage Grange painted pale green, and the floor is made from teal-blue Mexican cement tiles, while Martha's trove of aqua McCoy pottery is displayed on mahogany shelves above American-made shop-style metal cabinets. Mounted fish taxidermy and an old bar cart add whimsy to the servery (aka butler's pantry). A selection of jadeite dishes, amassed by Alexis when she was planning to open a diner in the area, fills a hanging mahogany cabinet; below, Martha painted the lids of antique glass canisters to match the metal cabinet they sit on. In the laundry room, cake stands line the top of a cupboard original to the house, which holds more dishes, cookbooks, and cleaning supplies in its cabinets.**

| TIMELESS TREASURES |

***Above*: Martha spent countless hours studying in the library, where she kept her vast collection of gardening books. She installed black roller shades to prevent the sun from fading the volumes, and added wainscoting to the coffered ceiling. She bought the yellow-and-green glass chandelier in Cuba, when she was covering Pope John Paul II's 1998 visit as a correspondent for *CBS This Morning*. *Below, from left*: A collection of mercury-glass vases shares the living-room mantel with antique church candlesticks (Martha surmises that the mantel, added in the early 1900s, came from Sears.) A gilt-framed mirror hangs behind an Aesthetic Movement table with an inlaid pink-marble top that is earmarked for the pink-granite ladies' powder room in Maine. Pink Venetian glassware is showcased in a narrow cabinet that's original to the house.**

| DIVINE DETAILS |

The dining room is home to one of Martha’s all-time-best finds: a pink-and-yellow Venetian-glass chandelier she purchased for $250 at a Connecticut consignment shop in the 1990s. Antique cane chairs surround a pair of drop-leaf tables from her collaboration with Bernhardt Furniture; when pushed together, they accommodate seating for 24. The column and dentil moldings were probably added to the house in the early 1900s.

“This house has
been a restful, beautiful
sanctuary for me.”
—*Martha*

| REFINED RETREAT |

***Above*: Martha combined three small rooms to create her spacious bedroom suite. In the primary bathroom, she installed wainscoting on the walls and hired a local artisan to make the custom marble vanity and baseboards. *Below, from left*: A Venetian mirror hangs over a wicker bed that Martha found at an East Hampton antiques shop and painted a pale, taupe-y pink; fittingly, it’s been moved to the pink guest house in Maine. Peonies from the garden grace a writing desk—“I was lucky that I never had to buy flowers here because something was always blooming—peonies, roses, lilies, hydrangeas,” she says.**

| ARTFUL ACCENTS |

Martha moved the antique wicker chaise below out to her driveway and sprayed it dusty rose, to match the bedroom's walls. "I learned that the secret to spray-painting is applying multiple coats of thin paint, instead of one thick layer," she says. On the pedestal next to another Venetian mirror, a wrought-iron urn holds *Rodgersia* from the garden.

MORE TO LOVE
To see additional images of Martha's East Hampton home, hover your smartphone camera here, or go to *marthastewart.com/lilypond*.

ART DIRECTION BY RYAN MESINA; STYLING BY TANYA GRAFF AND KEVIN SHARKEY

EAT LIKE AN ITALIAN

When the greenmarket runneth over with ripe tomatoes, plump eggplants, and zesty peppers, it's time to cook *molto* Mediterranean-style, preparing simple dishes that embrace late summer's bumper crops. The days may be long, but the season is short—so seize the moment, and savor every bite.

PHOTOGRAPHS BY MARCUS NILSSON TEXT BY MICHELLE SHIH RECIPES BY LAURYN TYRELL

TAP A TOOL
Cut the zucchini into long matchsticks to mimic the shape of the noodles. You can easily do it by hand, or enlist a mandoline or julienne peeler.

ZUCCHINI CARBONARA
For all the recipes in this story, see page 101.

SQUASH MATCH

Picture this: a date night outdoors, the sun low on the horizon, and a glass of crisp white wine on hand as you twirl spaghetti slick with cheese sauce. Sautéed zucchini is a delicious way to make a rich dish a little healthier—this recipe uses two parts vegetable to one part pasta. Another trick: Don't skimp on the extra egg yolk. The addition helps emulsify the sauce, so it reaches optimum creaminess and renders a flawless carbonara copy.

LEGUME BOOM

If you're intrigued by the speckled scarlet runner or borlotti beans at the farmstand, this minestrone is the perfect excuse to grab a few pounds. The hearty soup is flexible by nature—think of the ingredients as mere suggestions. Didn't find borlottis? Use butter beans instead, or canned versions of either. No escarole or kale in sight? Toss in another leafy green—say, mustard greens or chard. Last, stir in cooked pasta; any shape you can eat with a spoon will do! We used stracci Toscani for slurp-worthy satisfaction.

FINISH WITH FLAKES
Dried Calabrian chiles are worth seeking out for this vegan soup. Crushed and sprinkled over each bowl just before serving, they add a sweet, floral heat.

SHELLING-BEAN MINESTRONE

BOOST YOUR BASE
Our three-ingredient fresh tomato sauce is an easy way to use up a plentiful harvest, but jarred is just as tasty in this dish.

EGGPLANT INVOLTINI WITH FRESH TOMATO SAUCE

HOT ROLLERS

Eggplant can be finicky. Frying in oil makes it succulent, but it can also wind up greasy. Grilling is a lighter way to go, and when you pile up cooked slices as they come off the fire, they continue to soften from the steam. Then roll a mix of three cheeses (melty mozzarella, creamy ricotta, and tangy feta), currants, pine nuts, and breadcrumbs into each piece, and bake them all in tomato sauce. The result is a vegetarian one-pan dinner and a culinary melting pot, reflecting influences from numerous invasions of Sicily over the centuries.

RISOTTO WITH HERB PESTO, POTATO, AND GREEN BEANS

SPOT THE SWELL
How do you know when risotto is ready? It undulates like a wave and folds back on itself when you jostle the pan.

PESTO, CHANGE-O

In Liguria, this verdant sauce is often tossed with a short, twisty pasta called trofie. But stirring it into risotto is a revelation, especially as the weather cools and you want something cozier. Resist any shortcuts: When you boil the green beans and potato separately, you can make sure neither overcooks. And while you might be surprised by the blend of potato and rice in the recipe, give it a minute. The cut-up spud has an initial firmness that gives way to lusciousness—an *aha!* complement to the silky carnaroli rice.

ART DIRECTION BY JAMES MAIKOWSKI; FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY TANYA GRAFF

PRESSING MATTERS

This bold medley combines brick chicken and sweet-and-sour agrodolce sauce in a single roasting pan. Weighing down the chicken with a skillet while you sear it ensures a crispy, golden skin. Then you sauté a mess of peppers with onion and garlic; mix in vinegar, sugar, and capers; and combine it all with the browned bird, so the flavors meld as it finishes cooking in the oven. The meat's juices perfume the peperonata, the acidity of the sauce cuts the richness, and polenta catches everything. With that, we're ready for fall.

BRICK CHICKEN WITH VINEGAR PEPPERS

PICK A PEPPER
All kinds peak in late summer and fall, so grab any mix for this dish. Cubanelle, Jimmy Nardello, hot and sweet cherry—consider it chef's choice.

COOL RANCH

On a rolling stretch near the coast in Santa Barbara County, California, a young family is throwing it way back, raising a passel of farm animals, growing their own produce, tending honeybees, and teaching others how to live just as sustainably—and authentically. We headed to the hills for a personal tour of the homestead.

PHOTOGRAPHS BY VICTORIA PEARSON | TEXT BY CATHERINE HONG

Range Rovers

Built in the 1980s and renovated in 2014, five years after they moved in, Keith and Lauren Malloy's redwood-sheathed farmhouse sits on four acres in rural Gaviota, California. A 35-minute drive from the nearest store, their property also has a barn, a pig house, and a chicken coop. Here, the couple with their children, June, 6; Clay, 1; and Milly, 10, who's seated astride Trigger, their quarter pony.

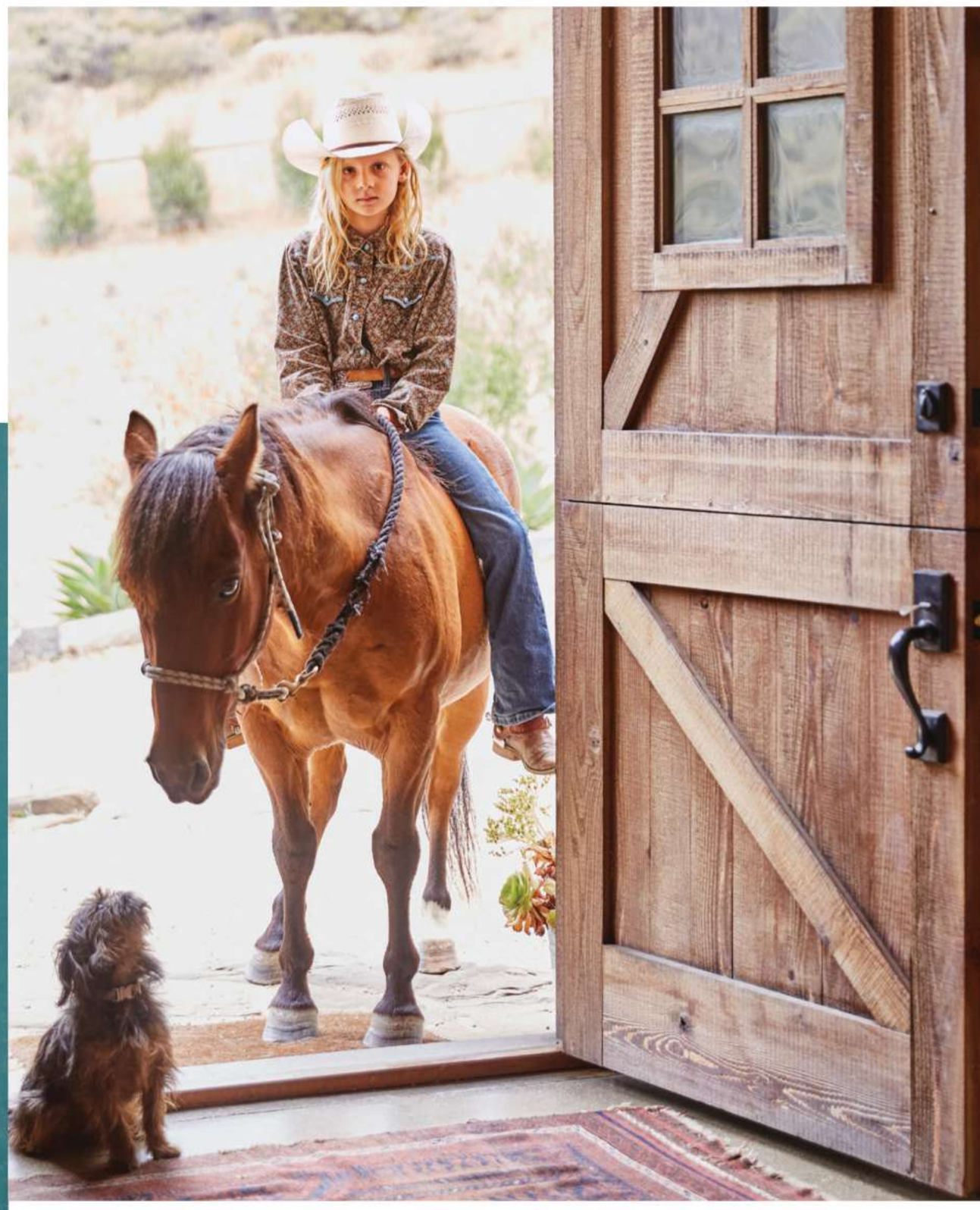
IT WAS THE EARLY DAYS of the pandemic when Lauren Malloy's father, a Vermont physician, called his daughter in California to urge her and her husband, Keith, to stock up on supplies. "Like any loving dad, he was worried about us," says Lauren, who had just given birth to the couple's third child, Clay. "I said, 'Dad, remember where we live? We're better prepared than most!'"

Indeed, the Malloys, who call four acres in bucolic Santa Barbara County home, were already remarkably self-sufficient. They had a cow (and therefore fresh milk on tap), chickens (for eggs and the occasional roaster), pigs (more meat), and a vegetable garden teeming with kale, cabbages, herbs, and much more. And in the kitchen, Lauren even had a soon-to-be-coveted quarantine staple: a trusty sourdough starter. "If I was worried about running out of anything," she recalls, "it was probably toilet paper."

Not that Lauren and Keith claim to be "real" farmers. "We don't make money from the farm," says Lauren, who is a partner in Women's Heritage, a brand celebrating modern homesteading. "We're more like hobbyists." Married since 2010, Lauren and Keith both grew up with a passion for the outdoors. Lauren worked at a neighbor's dairy barn as a teen in Vermont, and went on to study animal science and work in wildlife rescue. Keith, a native of Ojai, California, grew up surfing, riding, fishing, and hunting. Along with two of his siblings, he's now a filmmaker and one of the celebrated trio of Malloy brothers who've been surf influencers since the 1990s. Twelve years ago, the couple moved to Gaviota, a locale they chose not only for its close proximity to the ocean, but for its "wild, wide-open spaces," perfect for raising a young family in tune with

Cast of Characters

Above: **Sugar, the Malloys' newest calf, strikes a pose in the barn.** ***Below, from left:*** **Keith, a professional surfer, and baby Clay show off their innate balancing skills. Milly and Trigger greet Moose, one of the family's three dogs, at the front door.**



the rhythms of nature. And it's here that their children—Milly, June, and Clay—are growing up alongside not only cows, pigs, and chickens, but also four horses, one miniature mule, three dogs, and a cat.

Lauren's enthusiasm for back-to-the-roots living was the impetus behind Women's Heritage, the venture she started as a lifestyle blog in 2016 with two friends, Emma Rollin Moore and Ashley Moore, sharing advice on animal husbandry, cooking, fermenting, crafting, and herbalism. Two brick-and-mortar Heritage Goods & Supply shops (where you can take weaving classes or buy live baby chicks) followed, as well as a book, *The Women's Heritage Sourcebook* (Rizzoli). Of course, some might merely dabble in this ultra-DIY world, or see it as a passing thing. But for the Malloys, it's no flash in the pan. "I'd rather buy feed than a new pair of shoes," Lauren says. "And I love that when the kids have friends over, I can tell them, 'Go out and play with the animals.'"

Care and Feeding

Clockwise from above: **Lauren carries a basket of just-picked chard, cabbages, and radishes from the garden. Milly hand-feeds Flame, a three-month-old piglet. A barred Plymouth Rock chicken, one of 10 birds in the family's flock, struts her stuff. Milly and June handle egg duty at the coop. The Malloys don't employ any farmhands, so Milly feeds all the horses every morning before school, June collects the eggs and feeds the dogs and cats, and Keith and Lauren do everything else: "A lot of it involves cleaning poop," says Lauren with a laugh.**

FOOD STYLING BY TREVOR LAYMANCE; PROP STYLING BY ANN JOHNSTAD

Land of Plenty

Clockwise from right: **Jars of honey from the Malloys' beehives stand next to homegrown Swiss chard. Milly and Lauren press corn tortillas in the kitchen. Queso fresco, which Lauren made from a Farm-Steady kit sold at Heritage Goods & Supply stores, and jun tea, a fermented beverage containing green tea and lots of raw honey, are ready to serve; the tea recipe can be found at *womensheritage.com*. *Opposite:* The family spreads out for a picnic bursting with ingredients grown or raised on their land, from the greens in the salad to the beef (from cattle the Malloys keep on a separate property) in the carne-asada tacos.**

falling for fruit

Sweet, tart, juicy, jammy—the star ingredients in these stunning confections give us all the autumnal feels. Here are six of the 100-plus recipes you'll discover in our founder's latest book, *Martha Stewart's Fruit Desserts*, out this month. Sneak a swoon-worthy peek.

PHOTOGRAPHS BY JOHNNY MILLER
TEXT BY ELENI N. GAGE

PEAR-AND-FRANGIPANE PASTRIES

Posh Spice

Poached pears are an elegant dessert on their own. But place them on a layer of velvety almond-frangipane custard atop delicate pastry, and they're fit for tea with the Bridgertons. The key to this labor of love is breaking it down into a few steps. You can make and freeze the laminated pastry dough up to two weeks ahead of time. Poach the pears the day before assembling the tarts (or at least four hours prior, so they can soak up the lemon-zest, cinnamon, and vanilla flavors in the syrup). When you're ready to bake, thaw the dough, make rounds with a cookie cutter, mix and spread on the frangipane cream, and nestle in the main events.

APPLE-HONEY UPSIDE-DOWN CAKE

For all the recipes in this story, see page 104.

BAKER'S TIP

Choose firm, tart varieties like Winesap, Mutsu, or Granny Smith for this recipe. They'll balance the sweetness of the honey and hold their shape.

Forward Flip

Consider this another great reason to go apple-picking this September—or a fun and unexpected twist to serve on Rosh Hashanah, as it's Jewish custom to eat apple slices dipped in honey to ensure the new year will be fruitful and sweet. Those two ingredients define Martha's dessert, which is luscious to look at but a light lift to actually make: Just boil sugar and water together for the quick caramel, then pour it into a pan, layer in the fruit, and add the honey-and-sugar-sweetened batter on top. After the baked cake cools for five minutes, turn it out onto a plate and revel in the golden reveal.

BAKER'S TIP

Grapes not your favorite? *Nessun problema!* Swap them out for sliced peaches or plums now, and any kind of berries next summer.

RED-GRAPE CAKE WITH WHIPPED CRÈME FRAÎCHE

Sweet Spots

Fall in Italy means Olivagando, the annual olive-oil-harvest festival, when growers celebrate their haul with a cake topped with grapes—a symbol of abundance since ancient times. Now we can all observe the height of the fruit's season stateside, thanks to this delicious cake studded with masses of them. Butter and sour cream replace the original's olive oil and add richness to the simple batter, which is then packed with seedless grapes and baked into a thin layer. Devour it as is, or dress it up with a few dollops of whipped crème fraîche and a fresh bunch or two.

BAKER'S TIP

Sour-cherry season is extremely fleeting—just a few weeks in early summer—so our food editors almost always use frozen fruit.

Raised Bars

Imagine a homemade cherry pie you can grab and eat on the go. *Poof!* Your wish has been granted. Instead of messing with a piecrust, you mix up a four-ingredient dough and divide it. Press about half into the bottom of a buttered pan, pour on the cherry filling (the tart-sweet jewels get stirred together with lemon juice, sugar, salt, and a little flour), and break up the rest of the pastry over that, squeezing some into larger clumps to create a big, buttery crumb topping. Slip the finished squares into lunch boxes, pass them out after dinner, or enjoy one with coffee for breakfast—because in our book, it counts as a serving of fruit.

BAKER'S TIP

We like the slightly imperfect look of crêpes piled up freehand, but you can assemble them in a springform pan for perfectly straight edges.

TROPICAL-FRUIT CRÊPE CAKE

From the book *Martha Stewart's Fruit Desserts: 100+ Delicious Ways to Savor the Best of Every Season,* by the Editors of *Martha Stewart Living*. Copyright © 2021 by Clarkson Potter/Publishers, an imprint of Random House, a division of Penguin Random House LLC. Available September 28, 2021.

Island Time

If they like piña coladas, and gorgeous sweets for dessert, they'll go gaga for this crêpe cake layered with coconut-infused pastry cream. You can make the filling—which involves simmering milk with flaked coconut for maximum flavor; straining it through a sieve; whisking it into sugar, cornstarch, and egg yolks; and cooking it into a thick cream—and the crêpes (all 40 of them) up to three days ahead. Store both in the fridge until you're ready to stack; then layer each thin tier with cream, and top off the tower with sliced pineapple and toasted shaved coconut.

BAKER'S TIP

Brushing phyllo with clarified butter or store-bought ghee instead of plain melted butter guarantees deep flavor without any pockets of moisture.

RUFFLED PUMPKIN MILK PIE

Frilling News

This ode to a classic Greek galatopita, or milk pie, will knock the socks off your friends who order pumpkin-spice everything. It's also the ideal exposure therapy if you're new to baking with phyllo. You simply brush sheets of it with clarified butter, scrunch them into accordion-like shapes, and arrange them in a spiral in the pan. (In other words, precision is a moot point.) Once you've got your phyllo base, blind-bake it to crisp up the top, then pour a cardamom-infused pumpkin-purée custard over it and bake it again to set. The custard soaks through the pastry, yielding a rippling centerpiece that'll tide you over till Thanksgiving.

SEA OF *Green*

Emerald Waves

In the Chinese garden, vertical stone monoliths, representing the eight Chinese immortals, are speckled with lichens and stand on the rolling mosses under a high canopy of local oak trees.

When a crisis specialist needed a space to decompress from his high-profile, high-stress job, he took inspiration from an elegant Japanese art form to reimagine his 15-acre garden on the eastern end of Long Island. During the past three decades, he's cultivated moss, the oldest land plant on earth, and transformed his woodland expanse into a soft—and endlessly verdant—place to land.

PHOTOGRAPHS BY CLAIRE TAKACS | TEXT BY DENNIS SCHRADER

Mystic River

Vincent Covello designed a dry streambed that meanders through native white-pine and cherry trees, and placed large, moss-covered stones in it to resemble outcroppings of islands. *Below*: An Asian cast-iron lantern sits near a mountain-laurel shrub.

MOSSES HAVE INHABITED THE EARTH for more than 400 million years. Primitive, ancient, and abundant (there are more than 13,000 species worldwide), they are unique—without roots, stems, flowers, or fruits—and provide a living record of history, connecting the primordial past to the present.

For Vincent Covello, PhD, they are also a source of deep tranquility. The founder and director of the Center for Risk Communication, a consultancy specializing in crisis management and communications, he's advised organizations like the World Health Organization for decades, helping to control disease epidemics from the first Ebola outbreak to Covid-19, and travels globally to share his expertise. Thirty years ago, the intensity and stress of his job moved him to create a mossy oasis of calm at the Long Island, New York, home he shares with his wife.

Long fascinated with Japanese gardens, Covello fell in love with Kyoto's 14th-century Saihoji, also known as the Kokedera, or moss temple, which features a sublime 8.7-acre expanse, on a trip in the 1980s. Later, he studied *suiseki*, the Japanese art of displaying small weather-formed rocks, and in 1989 he published a book, *The Japanese Art of Stone Appreciation* (Tuttle Press), showing small landscapes using stones, bonsai, sand, and mosses. "Here, I wanted to create a larger version of the gardens I had written about," he recalls. Covello identified more than 120 kinds of moss growing naturally on his property, and started transplanting varieties like carpet (*Hypnum haldanianum*), hair cap (*Polytrichum commune*), and Hedwigia (*Hedwigia ciliata*) to new locations in the garden to create continuous, soft, thick mats. He then placed artifacts throughout, including an 18th-century Chinese gate; two-ton stones towering 10 feet tall; and a moon gate: "I chose ancient statues, rock formations, and old trees as elements to blend in and impart a feeling of serenity."

Covello provides his cherished plants with three things: acidic clay soil (though they will adapt to other conditions); friendly companions (other mosses, ferns, hosta, and bamboo); and moist, lightly shaded spots. He also irrigates daily, trims the lower branches of the trees above to create a cathedral of dappled light that accentuates all the different shades, and clears out leaves and debris that could prevent the moss from growing.

The place, which he named Yugen, a Japanese-aesthetics term suggesting both restrained elegance and profound mystery, is just that. "I love taking people around," Covello says. "I recommend they take off their shoes to experience the moss barefoot"—a feeling he equates to walking on a soft pillow. "Your foot disappears in a deep, lush carpet, and a sense of connectedness fills the space, like mist moving through early-morning light."

Woodsy Welcome

The home's driveway, lined with pines and oaks, envelops guests in green: In the foreground, a chartreuse Asian *Cryptomeria* nearly matches the moss underfoot, while silvery-blue eastern white pines (*Pinus strobus*) stand tall in the distance. In several areas, Covello underplanted the trees with ferns on miniature plateaus he built by moving soil into flat mounds.

Sound Escape

After passing through the large circular opening of the moon gate, visitors stroll along a gravel path to reach the pond, which gently spills over to feed the natural streambed. Moss-covered boulders line the stream, providing resting spots to sit and enjoy the soothing melody of rippling water, birdsong, and rustling leaves.

The Workbook

| RECIPES, HOW-TOS, AND SOURCES FROM THIS ISSUE |

PHOTOGRAPH BY RYAN LIEBE

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GOOD THINGS

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Swiss Meringue Buttercream

- **5 large egg whites**
- **1 cup plus 2 tablespoons sugar**
- **Pinch of kosher salt (we use Diamond Crystal)**
- **4 sticks (2 cups) unsalted butter, room temperature, cut into tablespoons**
- **1½ teaspoons pure vanilla extract**

1. Combine egg whites, sugar, and salt in the bowl of a mixer set over (but not in) a pot of simmering water. Whisk constantly by hand until mixture is warm to the touch and sugar has dissolved (it should feel completely smooth when rubbed between your fingertips).

2. Attach bowl to mixer fitted with the whisk attachment. Starting on low speed and gradually increasing to medium-high, beat until stiff (but not dry) peaks form. Continue beating until mixture is fluffy, glossy, and completely cool (test by touching bottom of bowl), about 10 minutes.

3. With mixer on medium-low speed, add butter, a few tablespoons at a time, beating well after each addition. Once all has been added, beat in vanilla. Switch to the paddle attachment and continue beating on low speed until all air bubbles are eliminated, about 2 minutes. Scrape down sides of bowl with a flexible spatula and continue beating until frosting is completely smooth. Keep at room temperature if using the same day; if not, transfer to an airtight container and refrigerate up to 3 days, or freeze up to 1 month. Before using, bring to room temperature and beat with paddle attachment on low speed until smooth again, about 5 minutes.

ACTIVE TIME: 5 MIN. | **TOTAL TIME:** 20 MIN.
MAKES: ABOUT 5 CUPS

SPREADING THE LOVE

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Classic Tahini Sauce

Good-quality raw tahini can be used straight from the jar, but to elevate it into Einat Admony's sauce, just add salt, lemon, and a touch of garlic. If Admony knows she's going to use it over a few days, she won't add any garlic to the main batch; she'll stir it in to order. If you're making a large batch, use a food processor or blender to get a lovely, fluffy spread, and instead of ice water, use a couple of ice cubes to keep the temperature down while the motor is running, which will improve the color and texture.

- **1 cup high-quality raw tahini**
- **¼ cup fresh lemon juice, plus more to taste**
- **Ice water**
- **½ teaspoon kosher salt, plus more as needed**
- **1 small clove garlic, grated or minced**

1. Pour tahini into a medium bowl and add lemon juice. Mix with a fork or a whisk until color turns a shade lighter. (Texture may become weird and lumpy; don't worry, this is part of the process.)

2. Gradually whisk in about ½ cup ice water. The sauce should turn smooth, velvety, and almost white. This will make a thick dip; to make a thinner sauce, whisk in another ¼ cup or so of ice water. Keep tinkering with water, lemon juice, and tahini until you get a consistency and flavor you like. Whisk in salt and garlic; taste and adjust seasonings.

MAKES: ABOUT 1 CUP

EAT LIKE AN ITALIAN

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Zucchini Carbonara

To julienne by hand, cut each zucchini in half crosswise (if large), then slice lengthwise into planks. Stack a few together, and slice into strips.

- **2 tablespoons extra-virgin olive oil**
- **3 cloves garlic, smashed**
- **4 ounces pancetta, cubed**
- **2 large or 3 small zucchini (about 1 pound), julienned**
- **Kosher salt and freshly ground pepper**
- **1 large egg plus 1 large yolk**
- **1 ounce Pecorino Romano, finely grated (1 cup), plus more for serving**
- **¼ teaspoon finely grated lemon zest**
- **8 ounces spaghetti or linguine**
- **½ cup thinly sliced fresh basil leaves**

1. In a large skillet or braiser, heat oil, garlic, and pancetta over medium. Cook, stirring occasionally, until pancetta is just crisp,

about 5 minutes. Add zucchini; season with salt and cook, stirring occasionally, until tender, 8 to 10 minutes.

2. Meanwhile, whisk together egg, yolk, cheese, and lemon zest. Season with a pinch of salt and several grinds of pepper. Cook spaghetti in a large pot of salted boiling water until al dente (about 1 minute shy of package instructions). Reserve 1 cup pasta water; drain. Slowly whisk 2 tablespoons hot pasta water into egg mixture, then transfer pasta and egg mixture to skillet. Cook over medium heat, tossing vigorously and adding more pasta water as needed, ¼ cup at a time, until sauce is silky and thickened, about 1 minute. Remove from heat and stir in basil; season to taste. Serve, topped with more cheese.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 35 MIN.
SERVES: 2

Shelling-Bean Minestrone

You can use any variety of fresh shelling beans you find at late-summer farmers' markets, like dragon's tongue, borlotti, or scarlet runner. Enjoy leftover cooked beans on toast, or tossed in a salad.

- **3 cups shelled fresh shelling beans (from about 2 pounds in pods), or 2 cans (each 14.5 ounces) cannellini, borlotti, or butter beans, drained and rinsed**
- **½ bulb fennel, plus 1 cup chopped (from 1 large bulb)**
- **1 whole peeled shallot, plus 1 cup chopped (from 1 large)**
- **1 halved carrot, plus 2 to 3 more, peeled and sliced into ¼-inch rounds (1 cup)**
- **3 cloves garlic, lightly smashed, plus 1 tablespoon minced**
- **Kosher salt (we use Diamond Crystal) and freshly ground pepper**
- **2 pounds large tomatoes, such as beefsteak (3 to 4)**
- **2 tablespoons extra-virgin olive oil, plus more for drizzling**
- **1 tablespoon tomato paste**
- **8 ounces pole beans, such as green beans or Romanos, trimmed and cut into 1-inch pieces (2 cups)**
- **4 cups water or vegetable stock (preferably homemade)**
- **3 ounces short, flat pasta, such as stracci Toscani or lasagna noodles broken into 1-inch pieces**
- **1 to 2 teaspoons red- or white-wine vinegar**
- **4 cups dark leafy greens, such as dandelion, escarole, or lacinato kale, roughly chopped**
- **Chopped fresh parsley and red-pepper flakes, such as Calabrian, for serving**

1. Combine shelled beans, fennel bulb, whole shallot, halved carrot, and smashed garlic cloves in a medium pot; add water to cover by 2 inches. Add 1 tablespoon salt and bring to a boil over medium-high heat, then reduce heat and simmer until beans are creamy in centers, 40 to 50 minutes. Season to taste toward end of cooking.

2. Meanwhile, bring a pot of water to a boil and prepare an ice bath. Using a paring knife, lightly score bottom of each tomato with an X. Add tomatoes to boiling water and blanch until skin pulls away, 20 to 30 seconds. Transfer to ice bath. When cool enough to handle, peel tomatoes, remove seeds, and coarsely chop. (You should have about 2½ cups.)

3. Heat oil in a medium pot over medium-high until shimmering. Add chopped fennel and shallot and sliced carrots; season with salt and pepper. Cook, stirring occasionally, until vegetables are golden in places, about 5 minutes. Stir in minced garlic; cook until fragrant, 30 seconds. Stir in tomato paste and cook, stirring, until toasted, 1 minute more. Add chopped tomatoes; cook until tomato juices reduce slightly, about 3 minutes. Stir in pole beans and water or stock; season. Bring to a boil, then reduce heat to low and partially cover. Simmer until vegetables are tender and flavors meld, about 30 minutes.

4. Cook pasta in a pot of salted boiling water until al dente; drain. Stir 2 cups cooked shelling beans into soup; season with salt and vinegar to taste. Just before serving, stir in greens. Divide pasta and soup among bowls, and serve with a drizzle of oil and sprinkles of parsley and red-pepper flakes.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. 15 MIN. | **SERVES:** 4 TO 6

Eggplant Involtini

Leftover bread makes delicious fresh breadcrumbs: Cut it into bite-size pieces, then pulse in a food processor until finely ground and freeze in an airtight container for up to three months.

- **2 large eggplants (about 2 pounds total)**
- **Kosher salt and freshly ground pepper**
- **¼ cup dried currants**
- **Boiling water, for soaking**
- **6 ounces fresh mozzarella**
- **½ cup full-fat ricotta**
- **2 ounces feta, crumbled**
- **¼ cup pine nuts, toasted and roughly chopped**
- **Pinch of ground cinnamon**
- **1 tablespoon fresh oregano or marjoram, finely chopped**
- **½ cup packed fresh parsley leaves, finely chopped**
- **½ cup fresh breadcrumbs**
- **1 large egg, whisked**
- **¼ cup extra-virgin olive oil, plus more for drizzling**
- **Vegetable oil, for brushing**
- **2 cups Fresh Tomato Sauce (recipe follows)**
- **Fresh basil leaves and crusty bread, for serving (optional)**

1. Trim and cut eggplants lengthwise into ¼-to-½-inch-thick slices. Place on a rimmed baking sheet fitted with a wire rack; season both sides with salt. Let stand 30 minutes.

2. Meanwhile, preheat oven to 375°. Place currants in a small heatproof bowl and cover with boiling water. Let stand 10 minutes, then drain. Finely chop half of mozzarella and place in a bowl with currants, ricotta, feta, pine nuts, cinnamon, oregano, parsley, breadcrumbs, and egg. Season with salt and pepper; stir to combine.

3. Heat a grill or grill pan to medium-high. Pat eggplant slices dry with paper towels and brush both sides of each evenly with olive oil. Brush grates with vegetable oil and grill eggplant slices, turning occasionally, until charred in places and tender, about 3 minutes a side. Transfer to a plate, piling slices on top of one another so that they continue to steam and soften. Let cool 15 minutes.

4. Place 1 to 2 tablespoons filling at one short end of an eggplant slice. Roll up tightly to secure in a cigar shape. Repeat with remaining filling and eggplant slices.

5. Spread tomato sauce evenly in the bottom of a 9-by-12-inch gratin dish or 9-inch square baking dish. Arrange eggplant rolls snugly in an even layer, seam-sides down. Thinly slice remaining mozzarella and arrange over top. Drizzle with olive oil and sprinkle with pepper. Bake until cheese has melted and eggplant is bubbly, about 30 minutes. Let cool slightly, then garnish with basil and serve with bread.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 1 HR. 10 MIN. | **SERVES:** 4

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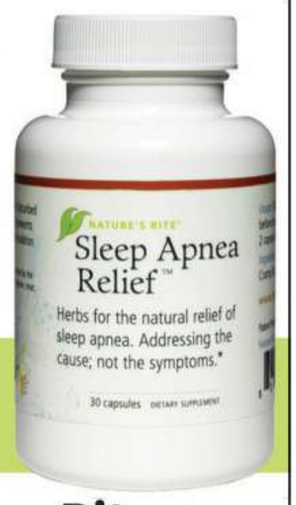
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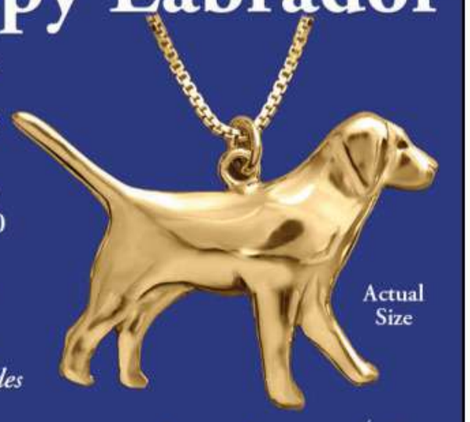

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The Workbook

Fresh Tomato Sauce

If you don't have a food mill, you can pulse this sauce in a food processor or use an immersion blender.

- **3 tablespoons extra-virgin olive oil**
- **3 cloves garlic, minced**
- **2 pounds tomatoes, coarsely chopped**
- **Kosher salt (we use Diamond Crystal) and freshly ground pepper**

Heat oil in a medium straight-sided skillet over medium. Add garlic; cook until fragrant, about 30 seconds. Stir in tomatoes, 2 teaspoons salt, and ½ teaspoon pepper. Cook, stirring occasionally and breaking up tomato pieces with a wooden spoon, until tomatoes are soft, about 10 minutes. Remove from heat; let stand 10 minutes. Pass through the medium disk of a food mill. Sauce can be allowed to cool completely, then refrigerated in an airtight container up to 5 days.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 30 MIN.
MAKES: ABOUT 2½ CUPS

Risotto With Herb Pesto, Potato, and Green Beans

The pesto can be made up to three days ahead. Store it in an airtight container, topped with a thin layer of olive oil to keep the color vibrant.

- **2 tablespoons pine nuts or walnuts, toasted**
- **1 small clove garlic**
- **4 cups packed fresh basil leaves**
- **1 cup packed fresh parsley leaves**
- **Kosher salt (we use Diamond Crystal) and freshly ground pepper**
- **⅓ cup plus 2 tablespoons extra-virgin olive oil, and more for drizzling**
- **8 ounces green beans, cut into ½-inch pieces (2 cups)**
- **1 Yukon Gold potato, peeled and cut into ½-inch pieces (1½ cups)**
- **4 cups low-sodium chicken broth or water**
- **1 small onion, finely chopped (1 cup)**
- **1 cup short-grain risotto rice, such as carnaroli or arborio**
- **¼ cup dry white wine, such as Pinot Grigio**
- **½ ounce Parmigiano-Reggiano, finely grated (½ cup), plus more for serving**

1. Pulse pine nuts, garlic, and herbs in a food processor until finely chopped. Season with salt and pepper; with motor running, stream in ⅓ cup oil until combined. Season to taste.

2. Bring a pot of water to a boil and season with salt. Add green beans and cook until tender, 3 to 4 minutes. Using a spider or slotted spoon, transfer to a plate. Add potato to pot and simmer until tender but not falling apart, about 6 minutes; drain. In same pot, combine broth, 2 cups water, 1 teaspoon salt, and ½ teaspoon pepper. Bring to a simmer over medium heat, then reduce heat to medium-low and maintain a bare simmer, partially covered (to avoid evaporation).

3. Heat remaining 2 tablespoons oil in a large straight-sided skillet over medium. Add onion and a pinch of salt; cook, stirring occasionally, until soft and translucent, about 5 minutes. Add rice and cook, stirring, until translucent and grains begin to make a popping sound, 3 to 4 minutes. Stir in wine; cook until mostly evaporated, about 30 seconds.

4. Ladle about 1 cup broth mixture into skillet. Cook, stirring occasionally, until most of broth has been absorbed and bottom of skillet stays visible for a second or two as you mix, 2 to 3 minutes. Continue ladling broth into skillet, about ½ cup at a time (or enough to just cover rice), stirring often and allowing rice to absorb most of broth before adding more, 15 to 20 minutes. When rice is cooked through but still al dente and sauce has thickened, stir in ½ cup pesto, green beans, and potato; cook just until heated through, about 1 minute.

5. Remove from heat and add cheese, a good drizzle of oil, and a few spoonfuls of remaining broth. Stir vigorously to create a silky sauce. Check seasoning and stir in more pesto, if desired. Serve with a drizzle of oil, topped with more cheese and pepper.

ACTIVE TIME: 1 HR. | **TOTAL TIME:** 1 HR. 15 MIN. | **SERVES:** 4

Brick Chicken With Vinegar Peppers

For a less spicy version, use a combination of sweet peppers.

- **1 small chicken (about 3½ pounds), room temperature, halved and patted dry**
- **Kosher salt and freshly ground pepper**
- **2 tablespoons unsalted butter**
- **2 tablespoons extra-virgin olive oil**
- **1½ pounds mixed Italian frying peppers, sliced (about 7 cups total)**
- **1 small onion, sliced (1½ cups)**
- **3 cloves garlic, thinly sliced**
- **½ cup low-sodium chicken broth**
- **½ cup red-wine vinegar**
- **2 tablespoons sugar**
- **3 tablespoons capers, drained**
- **2 sprigs rosemary (each about 4 inches)**
- **Creamy polenta (for a recipe, go to *marthastewart.com/creamypolenta*), for serving**

1. Preheat oven to 450° with a rack in center. Season all sides of chicken generously with salt and pepper. Heat a large nonstick skillet over medium; add butter and 1 tablespoon oil. When butter melts and foam subsides, add chicken, skin-side down. Place a piece of foil on top of chicken and top with a second heavy skillet to weigh down. Cook, undisturbed, until skin forms a golden-brown crust, 10 to 12 minutes. Remove top skillet and foil. Transfer chicken to a plate, skin-side up.

2. Discard fat in skillet. Return to medium-high heat and add remaining 1 tablespoon oil. Add peppers and onion, season with salt, and cook, stirring occasionally, until vegetables are browned in places, 4 to 5 minutes. Add garlic and cook, stirring, until fragrant, about 30 seconds. Stir in broth, vinegar, sugar, capers, and rosemary; season with salt and pepper. Bring mixture to a boil, then transfer to a 9-by-13-inch roasting pan or baking dish along with chicken, skin-side up, and any accumulated juices. Roast until a thermometer inserted into thickest part of chicken reads 160°, about 20 minutes. Transfer chicken to a plate and loosely tent with foil. Return vegetables to oven; cook until sauce has reduced slightly, about 10 minutes more. Season. Serve chicken with vegetables and polenta, spooning juices over top.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 50 MIN.
SERVES: 4

FALLING FOR FRUIT

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Pear-and-Frangipane Pastries

Plan ahead for this refined dessert, as the steps—which include multiple rises and chilling—take time. The dough can be made and frozen up to two weeks ahead; the pears should be poached at least four hours and ideally a day before. The rolling and folding process is repeated three times, with the dough chilled at least

an hour between each. To help you remember how many turns have been completed, mark the dough after each one: one mark for the first turn, two for the second, and three for the third.

DOUGH

- **1 envelope (¼ ounce/ 2¼ teaspoons) active dry yeast (not rapid-rise)**
- **1 cup warm milk (110°)**
- **1 vanilla bean, split and seeds scraped**
- **4½ cups plus 2 tablespoons unbleached all-purpose flour (1¼ pounds), and more for dusting**
- **½ cup sugar**
- **1 tablespoon kosher salt (we use Diamond Crystal)**
- **4 sticks (2 cups) unsalted butter, room temperature, cut into tablespoons**
- **2 large whole eggs plus 1 large yolk, room temperature**

PEARS

- **1 bottle (750 milliliters) dry white wine, such as Sauvignon Blanc**
- **Grated zest of 1 lemon, plus 2 tablespoons fresh juice**
- **1 cup sugar**
- **2 cinnamon sticks**
- **1 vanilla bean, split and seeds scraped**
- **8 small pears, such as Bartlett (about 2 pounds), stems left on, peeled, halved lengthwise, and cored**

FRANGIPANE

- **4 tablespoons unsalted butter, room temperature**
- **¼ cup sugar**
- **2 large eggs, room temperature**
- **½ cup finely ground blanched almonds**
- **1 tablespoon dark rum, such as Myers's**
- **½ teaspoon pure almond extract**
- **2 tablespoons unbleached all-purpose flour**

1. ☒ ough☒In a small bowl, sprinkle yeast over milk; stir until dissolved. Let stand until foamy, about 5 minutes. Stir in vanilla seeds. In a mixer fitted with the dough-hook attachment, beat together 4½ cups flour, sugar, salt, and 4 tablespoons butter on low speed until mixture resembles coarse meal, 3 to 4 minutes. Add yeast mixture; beat until dough just comes together. Add eggs and yolk; beat until just combined, 2 to 3 minutes (do not overmix). Turn out dough onto a lightly floured surface. Gently knead to form a smooth ball, about 30 seconds. Wrap tightly in plastic and refrigerate at least 2 hours and up to overnight.

2. Switch mixer to the paddle attachment and beat together remaining 3 sticks and 4 tablespoons butter and 2 tablespoons flour. Shape mixture into a 10-by-12-inch rectangle on a sheet of plastic wrap. Wrap and refrigerate at least 15 minutes and up to 1 day. (Before proceeding, let butter mixture stand at room temperature until it has same consistency as dough.)

3. On a lightly floured surface, roll out dough to a 10-by-18-inch rectangle, about ¼ inch thick, keeping corners square. (Remove any excess flour from dough with a dry pastry brush.) With a short side facing you, place butter mixture over bottom two-thirds of dough. Fold unbuttered third down over butter, then bottom third up over that (as you would fold a business letter; this seals in the butter). Roll out dough again to a 10-by-18-inch rectangle, then fold into thirds as described above; wrap and refrigerate 1 hour. (This completes the first of three turns.) Repeat rolling and folding process two more times, refrigerating at least 1 hour between turns. Wrap tightly in plastic; refrigerate at least 4 hours and up to overnight. (Dough can also be frozen, tightly wrapped in plastic, up to 2 weeks; thaw in refrigerator overnight before using.)

4. Pears☒In a large saucepan, bring wine, lemon zest and juice, sugar, cinnamon, vanilla seeds, and 2 cups water to a boil. Reduce to a simmer; add pears and cover with a parchment round to keep submerged. Cook, occasionally turning pears by gently rotating stems with your fingertips, until tender when pierced with a paring knife, about 20 minutes. With a slotted spoon, transfer pears to a heatproof bowl. Return poaching liquid to a boil and continue cooking until syrupy and reduced by half, 10 to 12 minutes. Pour syrup over pears and refrigerate, covered, at least 4 hours and preferably overnight.

5. ☒rangipane☒In mixer fitted with the paddle attachment or a mini food processor, beat together butter and sugar until light and fluffy, about 3 minutes. Add 1 egg, almonds, rum, almond extract, and flour; beat until smooth.

6. Using a slotted spoon, remove pears from poaching liquid and pat dry with paper towels. On a lightly floured surface, roll out dough to a 12-by-20-inch rectangle, about ¼ inch thick. Using a 3½-inch round cutter, cut out 16 rounds and divide between 2 parchment-lined baking sheets. Fill each pear half with about 2 teaspoons frangipane and place, cut-side down, in centers of rounds. Cover with plastic wrap and let stand in a warm place until doubled in bulk, about 45 minutes.

7. Preheat oven to 375°. In a small bowl, lightly beat remaining egg. Brush rounds of dough with egg wash, avoiding pears. Bake, rotating halfway through, until pastries are evenly browned, 20 to 25 minutes. Transfer to a wire rack and let cool completely. Serve at room temperature.

MAKES: 16

Apple-Honey Upside-Down Cake

Apples you eat whole or cook into applesauce are not the same ones you want for this dessert. Choose firm varieties—so they'll maintain their shape when baked and inverted onto a serving plate—that have enough tartness to counter the buttery-sweet caramel.

- **Vegetable-oil cooking spray**
- **1½ cups unbleached all-purpose flour**
- **1½ teaspoons baking powder**
- **1 teaspoon kosher salt (we use Diamond Crystal)**
- **1⅓ cups sugar**
- **⅓ cup honey**
- **2 large eggs**
- **1 stick (½ cup) unsalted butter, melted, plus 4 tablespoons, room temperature**
- **¼ cup whole milk**
- **3 firm tart apples, such as Mutsu, Winesap, or Granny Smith, peeled, cored, and cut into ½-inch-thick wedges**

1. Preheat oven to 350°. Spray a 9-inch round cake pan with oil. In a medium bowl, whisk together flour, baking powder, and salt. In another medium bowl, whisk together ☒ cup sugar, honey, eggs, melted butter, and milk. Whisk egg mixture into flour mixture until just combined.

2. In a small, heavy saucepan over high heat, combine remaining ☒ cup sugar and 3 tablespoons water. Cook, swirling pan occasionally (do not stir), until mixture is deep amber, about 5 minutes. Remove from heat; stir in room-temperature butter. Immediately pour into prepared pan.

3. Decoratively arrange layers of apples over caramel filling. Spread batter evenly over apples. Bake until top springs back when lightly touched, 45 to 55 minutes. Loosen edges with a knife. Let stand 5 minutes before inverting onto a serving plate. Serve warm or at room temperature.

SERVES: 8 TO 10

The Workbook

Red-Grape Cake With Whipped Crème Fraîche

- **6 tablespoons unsalted butter, room temperature, plus more for pan**
- **1¼ cups unbleached all-purpose flour**
- **1¼ teaspoons baking powder**
- **½ teaspoon kosher salt (we use Diamond Crystal)**
- **¾ cup granulated sugar**
- **2 large eggs, room temperature**
- **¼ cup sour cream, room temperature**
- **1 teaspoon finely grated lemon zest**
- **1¼ cups red seedless grapes, plus more for serving**
- **¾ cup cold heavy cream**
- **3 tablespoons confectioners' sugar**
- **⅓ cup cold crème fraîche**

1. Preheat oven to 350˚. Butter a 9-inch round cake pan and line bottom with parchment; butter parchment. In a medium bowl, whisk together flour, baking powder, and salt.

2. In a large bowl, beat together butter and granulated sugar on medium-high speed until light and fluffy, about 2 minutes. Add eggs, one at a time, beating well after each addition. Fold in half of flour mixture, then sour cream and lemon zest. Stir in remaining flour mixture just to combine. Spread batter evenly into prepared pan, smoothing top with a small offset spatula. Scatter grapes over top.

3. Bake until cake pulls away from sides of pan and a tester comes out clean, 45 to 50 minutes. Transfer to a wire rack; let cool 20 minutes. Turn cake out onto rack, remove parchment, invert cake, and let cool completely.

4. In a large bowl, beat cream and confectioners' sugar on medium-high speed to soft peaks, about 3 minutes. Add crème fraîche; beat to firm peaks, about 2 minutes more. Serve cake with whipped crème fraîche and more grapes.

SERVES: 8 TO 10

Sour-Cherry Crumble Bars

These buttery, fruity bars are the perfect portable treat. Sour cherries make the flavor here, pleasantly balancing the sweetness of the crust.

CRUST

- **1 stick (½ cup) plus 5 tablespoons unsalted butter, room temperature, and more for pan**
- **1 cup sugar**
- **2 cups unbleached all-purpose flour**
- **1 teaspoon kosher salt (we use Diamond Crystal)**

FILLING

- **1 pound sour cherries (3 cups), pitted**
- **¾ cup sugar**
- **2 tablespoons unbleached all-purpose flour**
- **1 tablespoon fresh lemon juice**
- **½ teaspoon kosher salt (we use Diamond Crystal)**

1. Crust: Preheat oven to 375˚. Butter an 8-inch square cake pan. Line with parchment, leaving a 2-inch overhang on two sides; butter parchment.

2. Beat butter with sugar on medium-high speed until pale and fluffy, about 3 minutes, scraping down bowl as needed. Reduce speed to medium-low, add flour and salt, and beat until dough forms clumps but does not completely hold together. Press 2½ cups flour mixture into bottom and 1 inch up sides of prepared pan.

3. Filling: In a medium bowl, stir together cherries, sugar, flour, lemon juice, and salt. Pour into crust. Crumble remaining flour mixture (about ½ cup) evenly over top, squeezing to create clumps.

4. Bake until bubbling in center and crust is golden, about 1 hour, 10 minutes (if browning too quickly, tent top with foil). Transfer to a wire rack and let cool at least 20 minutes before slicing into squares.

SERVES: 9

Tropical-Fruit Crêpe Cake

If possible, assemble this dessert 12 hours ahead, so it has plenty of time to chill and set before being topped with more fruit.

PASTRY CREAM

- **6⅔ cups whole milk**
- **1½ cups unsweetened flaked coconut**
- **½ teaspoon kosher salt (we use Diamond Crystal)**
- **1⅓ cups granulated sugar**
- **⅔ cup cornstarch**
- **10 large egg yolks**
- **6 tablespoons unsalted butter, room temperature**

CRÊPES

- **1½ cups unbleached all-purpose flour**
- **1 cup granulated sugar**
- **½ teaspoon kosher salt (we use Diamond Crystal)**
- **2½ cups whole milk, room temperature**
- **6 large eggs, room temperature**
- **2 teaspoons pure vanilla extract**
- **1½ sticks (¾ cup) unsalted butter, melted, plus more for skillet**
- **2 cups cold heavy cream**
- **2 tablespoons confectioners' sugar**
- **Sliced pineapple and toasted coconut, for topping**

1. Pastry cream: In a large saucepan, bring milk, coconut, and salt to just under a boil. Remove from heat, cover, and let stand until cool, about 2 hours. Strain through a fine-mesh sieve; discard solids.

2. In a medium saucepan, whisk together granulated sugar and cornstarch. Whisk in egg yolks, then milk mixture. Stir in butter. Bring to a boil over medium heat, then continue to cook, whisking constantly, 1 minute. Pass mixture through fine-mesh sieve. Cover with plastic wrap, pressing it directly onto surface of pastry cream to prevent a skin from forming. Refrigerate until chilled, at least 2 hours and up to 3 days.

3. Crêpes: Combine flour, granulated sugar, salt, milk, eggs, vanilla, and melted butter in a blender. Blend until smooth. Refrigerate at least 1 hour and up to overnight.

4. Lightly brush an 8-inch nonstick skillet or crêpe pan with butter. Heat over medium until just starting to smoke. Remove from heat and pour a scant 2 tablespoons batter into center, swirling to cover bottom. Cook until edges are golden and center is dry, about 30 seconds. Flip and cook about 20 seconds more. Slide crêpe onto a parchment-lined baking sheet. Repeat with remaining batter, brushing skillet with more butter and adjusting heat as needed; stack crêpes as you go (you should end up with about 40). Let cool completely. Crêpes can be refrigerated in an airtight container up to 3 days.

5. Whisk chilled pastry cream to remove any lumps. In a medium bowl, whip 1 cup heavy cream to

stiff peaks. Fold into pastry cream. Place a crêpe on a flat serving dish. Spread about ¼ cup pastry cream onto crêpe. Repeat process with remaining crêpes and pastry cream, finishing with a crêpe. Refrigerate until set, at least 2 hours and up to overnight.

6. To serve, whip remaining 1 cup heavy cream with confectioners' sugar to stiff peaks. Arrange pineapple slices on top of cake, overlapping slightly. Dollop whipped cream on top and garnish with toasted coconut.

SERVES: 8

Ruffled Pumpkin Milk Pie

- **8 tablespoons (½ cup) clarified butter or ghee, melted**
- **14 to 18 sheets store-bought phyllo (each 14 by 18 inches), thawed if frozen**
- **6 large eggs**
- **¾ cup pure pumpkin purée**
- **1 cup whole milk**
- **½ cup heavy cream**
- **¾ cup granulated sugar**
- **1 teaspoon pure vanilla extract**
- **½ teaspoon freshly ground cardamom**
- **¼ teaspoon ground cinnamon**
- **¼ teaspoon kosher salt (we use Diamond Crystal)**
- **Confectioners' sugar, for dusting**

1. Preheat oven to 350°. Lightly brush a 9-inch round cake pan with clarified butter. Line pan with a 13-inch parchment round; brush parchment.

2. Place 1 phyllo sheet on a work surface, with one long side parallel to edge. Lightly brush phyllo with clarified butter. Using your hands, loosely ruffle phyllo by pushing long sides toward each other to create a long accordion shape, about 1½ to 2 inches tall. Place upright in center of prepared cake pan, folding around to create a spiral. Repeat process with remaining sheets, continuing spiral outward until bottom of pan is covered. Brush remaining clarified butter over tops of phyllo ruffles in pan. Bake until golden brown, 25 to 30 minutes. Transfer pan to a wire rack and let cool while making filling (leave oven on).

3. In a large bowl, whisk together eggs, pumpkin, milk, cream, granulated sugar, vanilla, cardamom, cinnamon, and salt until smooth. Transfer mixture to a measuring cup or pitcher. Gradually pour over baked phyllo, evenly covering surface. Return pan to oven and bake until filling is set, 35 to 45 minutes. Transfer to a wire rack; let cool completely. Use parchment to lift pie out of pan; carefully remove parchment and transfer pie to a platter. Dust with confectioners' sugar and serve.

SERVES: 6 TO 8

GOOD THINGS

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HOW-TO

Toile-Wrapped Desk Cup

SUPPLIES

Toile fabric

Smooth, straight-sided round vessel, such as a small glass vase, clean recycled metal can, or drinking glass

Fabric scissors

Spray adhesive or découpage glue and paintbrush

Felt (optional)

1. Loosely measure fabric by wrapping it horizontally around your vessel. Add 1 inch to length and 3 inches to width. Cut out.

2. Spray wrong side of fabric with adhesive (or brush with découpage glue), and adhere to outside of vessel, folding ¾ inch under bottom and wrapping majority of excess over rim, pressing down to adhere it to the inside. Add more glue at vertical seam to prevent it from peeling.

3. Trace bottom of vessel onto more fabric or felt, and cut out the circle. Glue to interior bottom of vessel (to protect tips of any sharp tools you place inside, such as scissors). Let dry completely.

THE DETAILS: Cotton toile, *from $16 a yd., bandjfabrics.com.*

Sources

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Primary Pocket tunic, *in Flamingo, $24, primary.com.* **Freshmage lunch-box container,** *in Pink (similar to shown), $11, amazon.com.* **Room Essentials double-wall stainless steel vacuum water bottle,** *17.5 oz., in Peach Blush, $6, target.com.* **Avery Easy-Peel rectangle labels** *(#4331), 2" by 2⅝", in Assorted Bright Colors (similar to shown), $16 for 150, avery.com.*

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Remembering

"In 1996, a group of us from *Living* went to Marfa, Texas, to visit and photograph the extraordinary museum, landscape, and town that the artist Donald Judd helped expand in western Texas. We savored not only the art, but also the food of the region. Here I am carrying dessert buñuelos—fried dough in the shape of baskets—that we made and filled with ice cream. They were delicious. It was an extraordinary visit!"

—Martha

PHOTOGRAPH BY TODD EBERLE

1996

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